

McDOUGALL UNITED CHURCH

EDMONTON

ALBERTA



COOK BOOK

COMPILED BY

WOMEN'S ASSOCIATION OF THE
McDOUGALL UNITED CHURCH



Your Store for

◆ **Value**

◆ **Quality**

◆ **Assortment**



EATON'S

A skillet, a saucepan or a
spoon—

EATON'S housewares are al-
ways a boon,

Of sparkling quality that lasts

Making household tasks go fast!

AND REMEMBER

THE EATON GUARANTEE

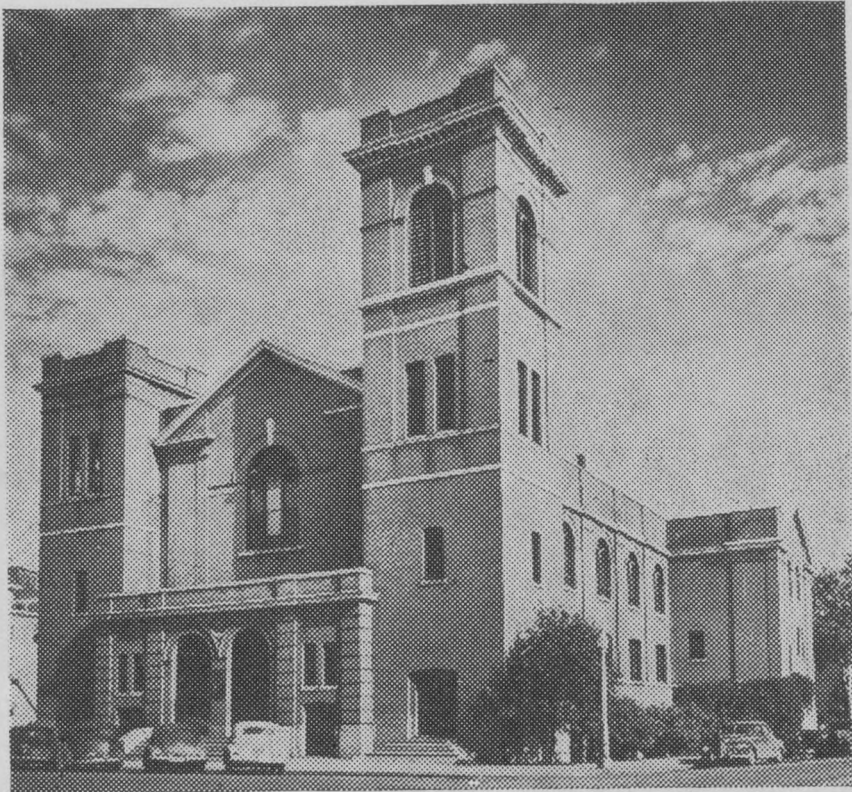
Goods Satisfactory or Money
Refunded!

EATON'S

McDOUGALL UNITED CHURCH

EDMONTON

ALBERTA



COOK BOOK

COMPILED BY

WOMEN'S ASSOCIATION OF THE
McDOUGALL UNITED CHURCH

INDEX

TABLES OF WEIGHTS AND MEASURES	3, 4
BREAD, BUNS AND BISCUITS	5-13
PASTRIES AND TARTS	14- 21
CAKES	22- 38
COOKIES AND SMALL CAKES	39- 62
PICKLES AND RELISHES	63- 70
JAMS AND MARMALADES	71- 74
MEATS AND SUPPER DISHES	75- 90
SALADS	91- 94
CANDIES	95- 98
PUDDINGS	99-109
SAUCES AND ICINGS	111-112
SOUPS	113
SANDWICHES	115-116
FROZEN FOODS	117-121
BEVERAGES	122-123
MISCELLANEOUS	124
NOTES	125-128

ACKNOWLEDGMENT

The members of the McDougall Church evening W.A. would like to thank all those who supplied recipes, and contributed in any way, to making this book a success. Our special thanks go to all the businessmen who, through their advertising, have made this book possible. To show our appreciation, we hope that those who use our book will extend their patronage to these firms whenever possible.

The Cook Book Committee,
McDougall Evening W.A.



THE PROCEEDS OF THE SALE OF THIS COOK BOOK ARE
PRIMARILY FOR THE CHURCH ORGAN FUND.

TEMPERATURE CHART

Very slow oven.....	250 to 300 deg. F.
Slow oven.....	300 to 325 deg. F.
Moderate oven.....	325 to 400 deg. F.
Hot oven.....	400 to 450 deg. F.
Very hot oven.....	450 to 550 deg. F.

Measuring flour and other dry ingredients:

Robin Hood Flour should always be sifted once before measuring.

Bran, whole wheat flour and graham flour are not sifted. They are stirred lightly—then measured.

To measure a spoonful: Take up all the spoon will hold then level with a knife.

To measure a cupful: Sift flour into mixing bowl. Place heaping spoonfuls of the sifted flour lightly in cup. Fill to overflowing without jarring or tapping. Level with a knife.

Sugar is measured like flour. Fruit sugar and icing sugar are sifted before measuring.

Measuring Liquids: Fill cup or spoon with all it will hold. When measuring thick mixtures such as molasses, level spoonfuls are obtained by levelling with a knife.

TABLE OF KITCHEN MEASURES

All measurements are level

3	teaspoons	= 1	tablespoon	4	quarts	= 1	gallon
16	tablespoons	= 1	cup	8	quarts	= 1	peck
1	cup	= 8	ounces	4	pecks	= 1	bushel
2½	cups	= 1	Imperial pint	2	cups fat	= 1	pound
5	cups	= 1	Imperial quart				

Fractions of Cupfuls

$\frac{7}{8}$ cup	= 14	tablespoons	$\frac{1}{2}$ cup	= 8	tablespoons
$\frac{3}{4}$ cup	= 12	tablespoons	$\frac{1}{3}$ cup	= 5½	tablespoons
$\frac{2}{3}$ cup	= 10⅔	tablespoons	$\frac{1}{4}$ cup	= 4	tablespoons
$\frac{1}{8}$ cup	= 2	tablespoons			



*The good old things have passed away,
In silence and retreat;
We've lots of hifaluten things,
But nothing good to eat.
And while I never say a word,
And always pleasant look,
I've always had dispepsia,
Since my daughter learned to cook.*

2 $\frac{1}{4}$ cups granulated sugar	1 lb.
2 $\frac{1}{4}$ cups firmly packed brown sugar	1 lb.
1 $\frac{1}{3}$ cups firmly packed brown sugar	1 cup granulated sugar
3 $\frac{1}{2}$ cups confectioner's sugar	1 lb.
4 cups sifted general purpose flour.....	1 lb.
4 $\frac{1}{2}$ cups sifted cake flour	1 lb.
1 cup less 2 tspn. sifted general purpose flour.....	1 cup sifted cake flour
1 square chocolate	1 ounce
3 $\frac{1}{2}$ tspn. cocoa and $\frac{1}{2}$ tspn. butter.....	1 ounce or square chocolate
1 cup chopped nut meats	$\frac{1}{4}$ lb.
16 marshmallows	$\frac{1}{4}$ lb.
5 cups grated cheese	1 lb.
7 coarsely crumbled salted crackers	1 cup
9 coarsely crumbled graham crackers.....	1 cup
11 finely crumbled graham crackers	1 cup
22 coarsely crumbled small vanilla wafers.....	1 cup
26 finely crumbled small vanilla wafers.....	1 cup
1 $\frac{1}{3}$ tbsp. vinegar or 1 $\frac{1}{2}$ tbsp. lemon juice and 1 cup sweet milk makes	1 cup sour milk
1 lemon	3 to 4 tspn. juice
Grated rind of 1 lemon.....	1 $\frac{1}{2}$ tspn.
1 orange	6 to 8 tspn. juice
Grated rind of 1 orange.....	1 tspn.
12 to 14 egg yolks.....	1 cup
8 to 10 egg whites.....	1 cup
1 $\frac{1}{2}$ tbspn. Corn Starch thickens.....	1 cup liquid
3 tspns. all purpose flour thickens.....	1 cup liquid



BREAD, BUNS & BISCUITS

*Breathe there a man with soul as dead,
Who loves not new baked homemade bread.*

CINNAMON TWIST BREAD

Soften 2 packages of yeast in $\frac{1}{3}$ cup lukewarm water, Pour $1\frac{1}{2}$ cups scalded milk over $\frac{1}{2}$ cup sugar, 2 teaspoons salt, and $\frac{1}{3}$ cup shortening. Let stand until lukewarm. Then beat in $2\frac{1}{2}$ cups Robin Hood flour (sifted) and 2 beaten eggs. Stir in the softened yeast, 1 cup currants or raisins, and $1\frac{1}{2}$ cups rolled oats.

Add enough more flour to make a stiff dough, 3 to $3\frac{1}{2}$ cups. Turn out on lightly floured board. Knead until smooth and satiny, about 10 minutes. Round dough into a ball, place in greased bowl. Cover and let rise until almost double, about 1 hour. Divide dough in 2 parts, round each into a ball. Cover and let rise 10 minutes. Roll each into a rectangle, about 8 by 15 inches.

Sprinkle each rectangle with 1 teaspoon cinnamon mixed with 3 tbsp. sugar. Roll like a jelly roll into a loaf with seam underneath, and place in greased bread pan. Brush with melted shortening, cover and let rise until almost double, about 45 minutes. Bake in hot oven 400 degrees for 10 minutes, reduce heat to 375 and continue baking 35 to 45 minutes. Turn out on rack and cool uncovered. Slice when cool.

—Laura Haynes.

BASIC RECIPE FOR WAFFLES

2	cups light pastry flour or Velvet Cake flour	2	eggs
3	teaspoons baking powder	$1\frac{1}{4}$	cups milk
1	teaspoon salt	6	tbsp. melted butter or shortening

1. Sift dry ingredients.
2. Separate whites from yolks of eggs.
3. Beat egg whites until stiff.
4. Beat yolks in mixing bowl.
5. Add milk and beat until blended.
6. Add sifted dry ingredients.
7. Add melted shortening, beat until blended.
8. Fold in stiffly beaten egg whites.
9. Put 4 to 6 tbsp. of batter into waffle maker. Quickly close maker. Bake until it stops steaming. This recipe makes 5 waffles.

—Emma Minish.

DATE LOAF

Pour $1\frac{1}{2}$ cups boiling water over 2 cups chopped dates. Let stand 20 minutes. Then mix and add:

- 1 tablespoon melted butter
- 1 cup sugar
- 1 egg
- 2 cups Robin Hood flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons soda (in flour)
- 1 cup walnuts
- 1 teaspoon vanilla

Bake in loaf pan 12" x 3" one hour at 350 degrees F.

—Mrs. Roy Kay.

RAISIN SCONES

- 1 cup butter
 - 1 cup raisins
 - 2 teaspoons baking powder
- Enough milk to roll $\frac{1}{2}$ inch thick.

- 1 cup sugar
- 3 cups Robin Hood flour

Bake in hot oven.

—Mrs. T. H. Wells.

GOLDEN LOAF

- 2 cups Robin Hood flour
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - $\frac{1}{4}$ teaspoon salt
- Blend in order given in bowl.
- $\frac{1}{2}$ cup boiling water
 - 2 teaspoons grated orange rind

- $\frac{1}{3}$ cup orange juice
- $\frac{1}{4}$ cup raisins
- 1 cup sugar
- 2 tablespoons melted butter
- 2 teaspoons vanilla
- 1 egg slightly beaten
- $\frac{1}{2}$ cup chopped nuts

Add dry ingredients. Pour in greased tin. Bake 1 hour at 350 degrees F.

—Anita Atkin.

BRAN MUFFINS

- $\frac{1}{2}$ cup sugar
- 2 tablespoons shortening
- 1 egg
- 1 cup bran

- 1 cup sour cream
- 1 cup flour (Robin Hood)
- 1 teaspoon soda
- $\frac{1}{2}$ teaspoon salt

Raisins or dates can be added if desired. Bake for 25 minutes at 375 degrees F.

—Jean Ross.

SCONES

- 2 cups Robin Hood flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar

- 2 eggs
- $\frac{3}{4}$ cup cream or $\frac{1}{4}$ cup shortening and $\frac{1}{2}$ cup milk (mix).

Knead over 20 times on board. Bake 15 to 20 minutes at 425 degrees F.

—Clare Williamson.

*

*

Biggest Trade-In In Town!

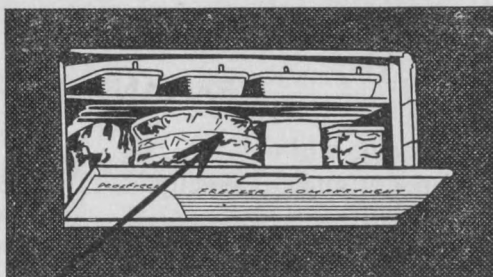
ON THE NEW

Refrigerator by Deepfreeze!

TRADE-MARK REG. U. S. PAT. OFF.

ONLY REFRIGERATOR WITH
GENUINE DEEPFREEZE
FREEZER COMPARTMENT

Stores approximately
50 lbs. of frozen food
and actually keeps ice
cream *hard*. Separate
freezer shelf for ice cube
trays and dessert tray.
Automatic defrosting!



ONLY
469.95

Prices and specifications
subject to change
without notice.

See these wonderful features in
"THE DOOR THAT STORES MORE"

Handy Jugs • Butter Box • Handy Bin • Bottlestor • Eggstor

Come in Today! Low Down Payment!

RICHARDS RADIO LTD.

Phone 24964 - 26421

10168 - 102 St.

ORANGE LOAF

- | | | | |
|---------------|----------------------|----------------|-------------------------|
| 1 | egg | 1 | teaspoon baking powder |
| $\frac{3}{4}$ | cup sugar | $1\frac{3}{4}$ | cup Robin Hood flour |
| $\frac{1}{2}$ | cup shortening | 1 | cup raisins |
| $\frac{3}{4}$ | cup milk | | Juice and rind 1 orange |
| $\frac{1}{2}$ | teaspoon baking soda | | |

Cream shortening and sugar. Add beaten egg, then other ingredients, leaving out $\frac{1}{2}$ of orange juice. Bake in moderate oven 1 hour. When done, pour over the rest of orange juice mixed with $\frac{1}{4}$ cup white sugar. This loaf keeps well.

—Velma Owren.

BANANA MUFFINS

To 1 beaten egg add—

- | | | | |
|---------------|----------------------------------|----------------|--------------------------|
| $\frac{7}{8}$ | cup brown sugar, loosely packed | $1\frac{1}{2}$ | cups sifted Pastry Flour |
| $\frac{1}{4}$ | cup softened butter (scant) | $\frac{3}{4}$ | teaspoon salt |
| 1 | cup mashed bananas (2 or 3) ripe | $\frac{3}{4}$ | teaspoon baking soda |

Sift last three ingredients together. Blend all well together and bake at 400 degrees F.

Mrs. A. A. Wournell.

APPLE BREAD

- | | | | |
|---------------|------------------------------|---------------|-----------------------------|
| 2 | cups sifted Robin Hood flour | $\frac{1}{2}$ | cup white sugar |
| 1 | teaspoon baking soda | $\frac{1}{3}$ | cup rolled oats |
| 1 | teaspoon baking powder | 1 | egg well beaten |
| 1 | teaspoon salt | $\frac{3}{4}$ | cup sour milk |
| $\frac{1}{4}$ | teaspoon nutmeg | 1 | cup finely grated raw apple |
| $\frac{1}{2}$ | teaspoon cinnamon | 3 | tablespoons melted butter |

Sift together flour, baking powder, soda, salt, nutmeg, and cinnamon. Add sugar and rolled oats. Mix well. Combine beaten egg, sour milk, apple and melted butter. Add to dry ingredients stirring just enough to blend. Turn into a greased long loaf tin. Let stand 20 minutes. Bake for 1 hour at 350 degrees F. Turn out on wire rack and allow to cool before slicing. Delicious when served with nippy cheese.

—Mrs. Alvin Yerex.

H. M. E. EVANS & COMPANY LIMITED

FINANCIAL AND INSURANCE AGENTS

Private Branch Exchange—29237

Ground Floor, C.P.R. Bldg.

Edmonton, Alberta

FEATHER BUNS

$\frac{1}{2}$ cup shortening	1 pkg. dry yeast
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ teaspoons salt	$4\frac{1}{2}$ cups Robin Hood flour
2 cups scalded milk	2 small eggs or 1 large

Place shortening, sugar and salt in bowl and pour over the scalded milk. Dissolve yeast in lukewarm water and when mixture is lukewarm, add slightly beaten eggs or egg, yeast and flour. Beat well. Allow to rise in warm place until light (about $1\frac{1}{2}$ hours). Beat batter down with spoon and then spoon into well greased muffin tins. Allow to rise 30-40 minutes. Bake 15 to 20 minutes at 425 degrees. Easy to make.

—Jean Ross.

RAISIN LOAF

1 cup raisins	2 tablespoons melted shortening
1 teaspoon soda	1 egg
1 cup boiling water	$1\frac{3}{4}$ cups Robin Hood flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt

Sprinkle soda over the raisins and pour boiling water over this mixture. Let stand until cool. Mix together brown sugar, melted shortening, egg (beaten). Add raisins to above, then add flour and salt. Bake in loaf pans in oven 375 degrees F. for one hour. When cold slice and butter.

—Laura Haynes.

CHEESE BISCUITS

$\frac{1}{4}$ lb. cream cheese	1 cup Robin Hood flour
$\frac{1}{4}$ lb. butter or margarine	

Form into small balls and press with a fork.

Bake in moderate oven 375 degrees F. Serve with jellied salads. Can be cooked ahead of time and heated when used. They keep well.

—Mrs. E. N. Griggs.

BAKING POWDER BISCUITS

2 cups Robin Hood flour	4 tbspn. shortening
4 tspns. baking powder	$\frac{3}{4}$ cup cold milk, or half milk and half water.
$\frac{1}{2}$ tsp. salt	

Sift flour, baking powder and salt. Add shortening cut with a knife and then rub in with tips of fingers until as fine as bread crumbs. Add cold liquid to make a dough as soft as can be handled. Turn on lightly floured board, pat and roll lightly to one-half inch thickness. Cut and bake in a hot oven 12 to 15 minutes.

REFRIGERATOR ROLLS

- | | | | |
|----------------|------------------------------------|---|------------------------------|
| 2 | packages fast rising dry yeast, or | 8 | cups sifted Robin Hood flour |
| 2 | cakes compressed yeast | 1 | tablespoon salt |
| $\frac{1}{2}$ | cup sugar | 2 | eggs |
| $2\frac{1}{2}$ | cups lukewarm water | 2 | tablespoons shortening |

Dissolve yeast and sugar in $\frac{1}{2}$ cup lukewarm water. Sift flour, measure, add salt. Add the beaten eggs and dissolved yeast to the remaining 2 cups of water. Gradually add half the flour, then the melted shortening. Gradually beat in the rest of the flour and knead the dough on a lightly floured board until smooth.

Place dough in a greased bowl; brush the top with melted butter or other shortening; cover closely. Keep in ice-box until needed. Then cut off the amount of dough required and shape into rolls. Let rise in a warm place until light. Bake in moderately hot oven (375 degrees to 400 degrees F.). This dough may be kept in the refrigerator for 6 to 7 days and small amounts used as required. Knead down occasionally to prevent overrising.

—Verna Claxton.

ORANGE BREAD

- | | | | |
|---|----------------------------------------|---------------|--------------------------|
| 2 | or 3 oranges (About $\frac{1}{2}$ cup) | $\frac{1}{2}$ | cup milk |
| 1 | cup sugar | $\frac{1}{3}$ | cup orange juice |
| 2 | cups flour | $\frac{1}{2}$ | teaspoon salt |
| 2 | tablespoons butter | $\frac{1}{2}$ | cup walnuts (if desired) |
| 1 | egg (beaten) | 4 | teaspoons baking powder |

Peel oranges, put rind through chopper. Cover with cold water and simmer for 15 minutes. Add $\frac{1}{4}$ cup sugar to orange and boil 5 minutes. Let cool. Sift flour, salt and baking powder, cream butter, add remaining $\frac{3}{4}$ cup sugar and cream well. Add sifted dry ingredients alternately with milk. Lastly add orange juice. If dough is too stiff, more milk or juice may be added. Bake in a greased loaf pan in a moderate oven (350 degrees F.), for one hour.

—Mrs. Comrie.

BANANA BREAD

- | | | | |
|---------------|------------------------|----------------|---------------------|
| 1 | cup sugar | $\frac{1}{4}$ | cup sour milk |
| $\frac{1}{2}$ | cup butter | $1\frac{1}{2}$ | teaspoons soda |
| 2 | eggs | 2 | ripe mashed bananas |
| 3 | cups flour | $\frac{1}{2}$ | cup walnuts |
| 1 | teaspoon baking powder | $\frac{1}{2}$ | teaspoon salt |

Cream butter and sugar. Add eggs and beat in well. Add soda to the sour milk. Sift dry ingredients into first mixture alternately with sour milk. Add bananas and walnuts. Mix well. Bake in a greased loaf pan for one hour in a moderate oven. (350 degrees F.)

—Mrs. Comrie.

DATE LOAF

- 1 cup boiling water
- 1 cup dates
- 1 teaspoon baking soda
- 1 tablespoon butter
- $\frac{3}{4}$ cup white sugar
- 1 egg

- 1 teaspoon baking powder
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup walnuts
- 2 cups flour
- $\frac{1}{4}$ teaspoon salt

Add soda to the boiling water and pour on the dates. Leave to cool. Cream the butter, add sugar and beat in egg. Add vanilla. Sift in dry ingredients. Add the date mixture and nuts. Mix well. Bake in a greased loaf pan for about one hour in a moderate oven (350 degrees F.).

—Marion Doherty.

PORRIDGE BROWN BREAD

- 2 cups boiling water
- 1 cup rolled oats
- $\frac{1}{2}$ cup molasses (Domolco)
- 2 tspns. salt
- 1 tbspn. butter

- 1 package yeast dissolved in $\frac{1}{2}$ cup lukewarm water according to instructions on packet
- 1 cup wholewheat flour
- $3\frac{1}{2}$ -4 cups Robin Hood white flour

Add rolled oats to boiling water, let stand one hour. Add molasses, salt, butter, dissolved yeast and flour. Beat thoroughly and knead slightly to get the last of the flour in; it is a fairly soft dough. Let rise until double in bulk, beat, turn into buttered pans, let rise again and bake, at 375 degrees F. for 50 minutes approximately.

—Mary Regan.

Specializing in all types of Permanent Waving

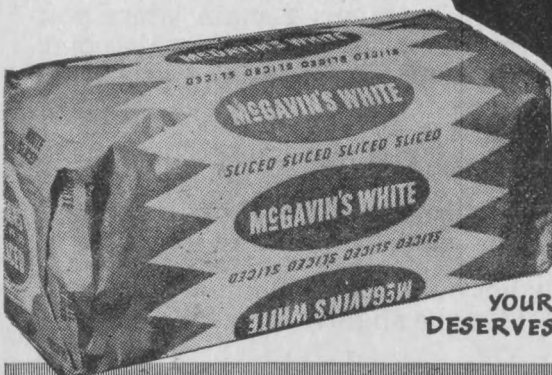
SUZANNE'S BEAUTY PARLOR

10906 - 107 Ave.

Phone 21797

Permanent Waves from \$5.00 up
HAIR CUTTING AND STYLING

● BREAD IS THE STAFF OF LIFE



"don't say bread...
... say McGavin's"

YOUR HEALTH
DESERVES THE BEST

McGAVIN'S BAKERY

Edmonton

● **Phone 28131**

BRAN MUFFINS

1	cup Robin Hood flour	1/4	cup shortening
1/2	tsp. salt	1/2	cup brown sugar
3/4	cup bran	1	egg
3	tsp. baking powder	2	tbsp. molasses
1/8	tsp. soda	3/4	cup milk

Chopped dates, figs, nuts, raisins or prunes may be added to the batter if desired.

Sift dry ingredients, add bran. Cream shortening, add sugar gradually. Beat egg well and add to sugar mixture. Add dry ingredients alternately with the milk. Fill pans two-thirds full. Bake 20 to 25 minutes at 400 degrees F.

WHITE BREAD (very good)

2	cups milk	2	cups water
4	tbspns. sugar	2	pkgs. active dry or 2 cakes
4	tsp. salt		compressed yeast
5	tbspns. shortening	12	cups sifted Robin Hood flour

Heat milk until you can see a puckery film over the top, but don't boil. Then stir in sugar, salt and shortening until dissolved. Set aside to cool to lukewarm.

Next heat water to lukewarm only and sprinkle active dry yeast or crumble compressed yeast over it. Stir until dissolved. Takes about 5 to 10 minutes. Add yeast mixture to milk mixture and stir on half the flour. Beat until smooth. Then add remaining flour and work it in well with your hands. Dump the slightly bumpy, slightly sticky dough onto a lightly floured board and knead hard with the heels of your hands to mix all ingredients thoroughly and to work and stretch the dough to give your bread an even texture. As you knead, sprinkle just a little flour on the board to keep the dough from sticking (go easy here because too much flour will make your bread coarse and heavy), and keep on kneading until dough looks smooth, stretched, satiny and springy.

Now put dough into a big greased bowl, brush or wipe the top with melted shortening, cover with a clean towel and let it stand in a warm place until dough doubles in size or indentations remain when you poke two fingers into dough and draw them out fast. At this point collapse down by punching center with your fist, then pull edges from sides of bowl and knead them into the center of the dough.

Dump dough onto lightly floured board again and cut into three parts. Shape the dough into three loaves and put each into greased 7 1/2 x 3 1/2 x 2 3/4 inch bread pans. Cover with a clean towel and let stand in a warm place until double in size or about 55 minutes.

Bake in a 400 degree or moderately hot oven about 50 minutes or until bread is a golden brown all over (sides are slightly lighter).

Perfectly baked bread slips out of the pan easily when pan is tipped, and loaf sounds hollow when tapped on the bottom or sides with your knuckles.

HOT CAKES

Beat 1 egg, add 1 cup milk. If sweet milk is used $\frac{1}{4}$ tsp. soda and 2 tspns. baking powder; if sour milk use 1 tsp. soda and $\frac{1}{2}$ tspn. baking powder. Sift 1 cup flour, soda and baking powder, $\frac{1}{2}$ tspn. salt and 2 tspn. sugar into the liquid and beat well. Lastly add 2 tspns. melted butter. Beat again. Pour from pitcher.

A HOME PROVISIONERS "MAGIC PANTRY"

Will Give You

MORE FOOD . . .

BETTER FOOD . . .

AT LESS COST

Phone 892711 now for full information without obligation

ORIGINATORS OF THE MAGIC PANTRY FOOD PLAN ACROSS CANADA

For the Best Cooking Results

use

Silverwood's

QUALITY DAIRY
PRODUCTS



ICE CREAM
BUTTER &
MILK

PHONE 25151

PASTRY & TARTS

*You can live without music,
You can live without books,
But civilized man cannot,
Live without cooks.*

TEMPERATURE CHART FOR BAKING PASTRY

Puff Pastry: Use a very hot oven (500 to 550 deg. F.). Place the paste close to the bottom of the oven. Lower heat to 375 deg. F., after the paste has risen to its full height.

Pie Shells: Bake shells for cream pies, lemon pies, etc., in a hot oven (475 to 500 deg. F.). Bake tart shells at the same temperature.

Shells Filled with Uncooked Filling: Unbaked shells filled with mixtures of milk and eggs (custard and pumpkin Pies), should be baked in a hot oven (450 deg. F.), for the first 10 minutes, then in a moderately slow oven (325 deg. F.), for remaining time.

Double Crust Fruit Pies: Bake in a hot oven (450 deg. F.), for 10 minutes, then at 325 for remaining time, until filling is cooked.

PUMPKIN PIE

Makes 3 pies, or 2 very deep ones, approximately 2" x 3" deep.

1	can pumpkin (28 oz. can)	2	tsps. ginger
4	eggs	1	tsp. nutmeg or pastry spice
3½	cups milk	1	tsp. salt
2¼	cups sugar	3	tsps. flour
3	tsps. cinnamon		

Mix together sugar, spices, flour and salt, add pumpkin, then the well-beaten eggs. Mix well. Add milk. Bake at 450 for first 10 minutes, then at 325 deg. F. for remaining time. Insert knife in centre of pie when it comes out clean the pie is cooked.

HOT WATER PASTRY

1 cup lard at room temperature, and ½ cup boiling water, beat well until of consistency of whipped cream. Then add three (3) cups pastry flour and 1 tsp. salt. Roll in waxed paper and store in refrigerator and use as required.

—Mary Regan.

BLACK BOTTOM PIE

Crust: 14 Ginger snaps crumbled. Add 5 tbsps. melted butter and mix thoroughly. Press into a 9" pie plate. Bake in 300 deg. F. oven for 10 minutes. Cool.

Filling: Soak 1 tbsp. gelatine in $\frac{1}{4}$ cup cold water. Scald 2 cups rich milk. Combine $\frac{1}{2}$ cup sugar and 4 tpsps. corn starch. Beat yolks of 4 eggs until light. Stir scalded milk into egg yolks slowly. Then stir this into sugar corn starch mixture. Cook slowly over hot water until mixture coats spoon, stirring constantly. Take 1 cup of custard—add to it $1\frac{1}{2}$ square melted chocolate. Beat with rotary beater until blended and add $\frac{1}{2}$ tsp. vanilla. Cool and pour into crust. Add soaked gelatine to remaining hot custard and cool but not stiff. Beat egg whites and slowly add $\frac{1}{2}$ cup white sugar and $\frac{1}{4}$ tsp. cream of tartar and flavouring. Fold egg whites into cool custard and pour over firm chocolate custard. Chill until set. Beat stiff $\frac{1}{2}$ pint heavy cream and add 2 tbsps. powdered sugar. Cover custard with whipped cream and shave $\frac{1}{2}$ oz. of chocolate over top.

Wildman's since 1870, Meridian, Mississippi—Mrs. E. N. Griggs.

STANDARD PLAIN PASTRY

$1\frac{1}{2}$ cups Robin Hood flour	$\frac{1}{2}$ cup shortening
$\frac{1}{4}$ tsp. salt	4 tbsps. ice cold water or enough
$\frac{1}{2}$ tsp. baking powder	to moisten

Enough pastry for 1 two-crust pie of average size, or 1 pie shell and 6 tarts. Sift flour, salt and baking powder. Mix in shortening with finger tips or pastry blender. Add the water, a little at a time, using just enough to bind the mixture. Use a fork to blend in the water. Form dough into 2 round disks. Roll on slightly floured board or pastry cloth. The pastry should be soft enough not to break when it is rolled; it should be stiff enough not to stick to a lightly floured board. Handle the pastry as lightly as possible. Kneading will toughen it.

Roll the dough from the centre outward—always rolling with a light even pressure, to a thickness of $\frac{1}{8}$ to $\frac{1}{4}$ inch. Line pie plate, tart shell, etc., and bake as directed.

BATEMAN BROS.

14210 STONY PLAIN ROAD

Groceries — Meats

SWEET PASTRY SHELLS FOR CREAM PIES

This recipe will make pastry sufficient for two pie shells of average size.

2	cups Robin Hood flour	$\frac{1}{3}$	cup fruit sugar
$\frac{2}{3}$	cup butter		About 2 tbsps. milk
1	egg		Few grains salt
$\frac{1}{2}$	tsp. baking powder		

Sift flour, salt and baking powder. Rub in butter with finger tips or pastry blender. Add the sugar. Beat the egg slightly, add the milk. Make a well in the centre of flour mixture, and stir in the egg, mixing only enough to make a soft dough. Divide the dough in two portions. Place one portion on a greased pie plate. With the fingers or a fork, gently spread the paste until the plate is lined with a thin layer of it. Make as smooth as possible. Use remainder of paste to line a second pie plate. Bake in a moderate oven (375 deg. F.). When baked, fill with any creamed filling for pies. This is a crisp, appetizing type of paste rather resembling cookie dough.

When paste for only one pie shell is required, use 1 cup flour, $\frac{1}{3}$ cup butter, 1 egg, $2\frac{1}{2}$ tbsps. sugar, few grains of salt and $\frac{1}{8}$ tsp. baking powder.

RAISIN PIE

Pour boiling water over $1\frac{1}{2}$ cups of sultana raisins. Let stand until cool. Drain and save the water poured off. Into the raisins mix $\frac{3}{4}$ cup granulated sugar, $\frac{1}{2}$ tsp. salt and 2 tbsps. Robin Hood flour. Pour into prepared pie plate lined with uncooked pastry. Sprinkle with the juice of 1 lemon, a grating of the lemon rind, and $\frac{1}{2}$ cup of the water in which the raisins were cooked. Dot with bits of butter, using $1\frac{1}{2}$ tbsps. altogether. Cover with top crust and bake in hot oven 450 degrees F. for 10 minutes, then at 325 for remaining time until filling is cooked.

LEMON COCONUT TARTS

$\frac{1}{2}$	cup white sugar	1	cup coconut
2	eggs		Juice of 1 lemon
$\frac{1}{2}$	cup golden syrup		Dash of salt
1	tbsp. butter, soft		

Beat eggs, add sugar, syrup, softened butter, coconut and lemon juice and salt. Mix thoroughly. Place spoonfuls of mixture in patty tins lined with pastry. Bake in hot oven (450 degrees F.), for 10 minutes, reduce temperature to 350 degrees F. and bake until pastry is delicately browned.

COMPLIMENTS OF

JASPER PLACE PHARMACY

CLOCK DRUG & GIFT SHOP

CLOCK AUTO COURT

N. H. YOUNG LTD.

SERVICE DRUG

STERLING FURNITURE

QUEEN CITY MEAT

A. C. WILLIS OPTOMETRIST

WEST END TOG SHOP

I. GARFIN DEPT. STORE

YOUNG JEWELLERS

MINCE MEAT

2	lbs. beef	1/2	tsp. nutmeg
1	lb. chopped suet	1/2	tsp. mace
4	lbs. apples (chopped fine)	2	oranges
3	lbs. sugar	2	lemons
3	lbs. currants	1/2	citron (optional)
2	lbs. raisins		Salt

Stew beef in water till tender, cool and chop fine, add suet, apples, sugar, currants, raisins, grated rind of oranges and 1 lemon. Add fruit juices and spices. Cook over a low fire for 1 hour. Pack in stone jar and store in a cool place. Stir occasionally.

—I. Morrison.

DIVINITY PIE

Make crust by crushing 16 gingersnaps. Mix well with one tablespoon sugar, one-quarter cup butter melted, one-half tsp. salt.

FILLING:

One cup sugar, yolks of three eggs, 3 tbsps. hot water, juice and rind of one and one-half lemons. Cook together over boiling water until thick.

Beat three egg whites stiff and fold in. Fill crumbshell and chill thoroughly.

—Mrs. R. C. Hill.

LEMON PIE

1	cup sugar	3	tbsps. corn starch
1/4	teaspoon salt	2	tbsps. Robin Hood flour
3	egg yolks	6	tbsps. lemon juice
2	cups boiling water	1	tbsp. butter
	Grated rind of 1 lemon	1	baked pie shell

Mix half the sugar with corn starch, flour and salt. Add lemon rind. Pour on boiling water slowly, stirring constantly. Cook till thick and clear. Mix remaining half of sugar with egg yolks and lemon juice. Add to first mixture. Cook about two minutes longer until thick and smooth. Add butter and cool slightly.

MERINGUE:

3	egg whites	6	tbsps. sugar
	Lemon juice or vanilla		

Bake in moderate oven about 15 minutes.

—FRANCES McCALLUM.

SAND TARTS

- | | | | |
|-----|----------------------------------|---|------------------|
| 1 | cup brown sugar | 2 | eggs |
| 1/2 | cup chopped walnuts | 1 | teaspoon vanilla |
| 1/2 | cup raisins or dates,
chopped | | Pinch of salt |
| | | 1 | teaspoon butter |

Mix and fill uncooked tart shells and bake.

—Mrs. C. D. Denney.

BUTTER TARTS

- | | | | |
|---|-----------------|-----|------------------------|
| 1 | cup currants | 1 | egg |
| 1 | cup brown sugar | 1/2 | tsp. vanilla |
| 2 | tbsps. butter | 1/2 | tsp. nutmeg (if liked) |

METHOD:

Clean currants and put into a mixing bowl. Scald with boiling water, drain and while currants are still warm, add brown sugar, butter and beaten egg. Stir well together, add vanilla and nutmeg. Line deep patty tins with pastry, put in a spoonful of the filling and bake in 400 degrees F. oven.

—Mrs. F. Tucker

ANGEL LEMON PIE (serves 8)

- | | | | |
|---|------------------------------------|-----|--------------------|
| 4 | egg whites beaten
(not too dry) | 1/2 | tsp. baking powder |
| 1 | cup sugar | 1/4 | tsp. salt |

Put in large pie plate and bake at 200 degrees F. for 1 1/4 hours.

FILLING:

- | | | | |
|-----|----------------------------|-----|--------------------|
| 4 | egg yolks | | Rind of 1 lemon |
| 1/2 | cup sugar | 1 | tbsp. butter |
| 1/2 | cup lemon and orange juice | 1/2 | pt. whipping cream |

METHOD:

Cook in double boiler. When cold spread filling in pie shell alternately with whipped cream. Let stand in fridge 24 hours.

—Velma Owren

“A Friend”

ALMOND TARTS

Make 8 baked tart shells.

FILLING:

Beat 1 egg

Stir in:

1/2 cup sugar	1 cup ground dried blanched almonds
2 tbsps. soft butter	1 tspn. almond extract

Drop into each tart shell 1 tspn. raspberry jam. Fill 2/3rd full of almond filling.

Bake at 425 degrees F. until set, 12 to 15 minutes.

—Mrs. E. N. Griggs.

ONE CRUST RAISIN PIE

1 cup raisins	2 tbsps. Robin Hood flour
1 cup sugar	1/4 tspn. salt
1 cup hot water	Juice of 1/2 lemon or a little vinegar
2 eggs (separated)	

Mix flour and 1/2 the sugar and add to raisins. Cook and stir till thick. Then add beaten egg yolks, rest of sugar, salt and lemon. Pour into baked shell. Spread with meringue. Brown in oven.

FRENCH SOUR CREAM PIE

1 cup dates, raisins or currants	1 tspn. soda
3/4 cup sugar	2 egg yolks
1 cup sour cream	1/2 tspn. cinnamon
	Salt

Mix all ingredients except soda and cook on top of stove. Add soda. Stir well. Put in baked shell. Spread with beaten egg whites and brown in oven.

—Irene Morrison.

MOCK CHERRY PIE

1 cup chopped Cranberries	1 tspn. vanilla
2/3 cup chopped raisins	1 cup sugar
1 tspn. Robin Hood flour	1 cup water
	Pinch of salt

Mix above ingredients and fill uncooked crust. Cover top with crossed bars of pastry.

—Mrs. C. D. Denney.

STRAWBERRY PIE

FILLING:

1	quart fresh strawberries	1 1/3	cup water
1	cup white sugar	3	tbsps. corn starch

METHOD:

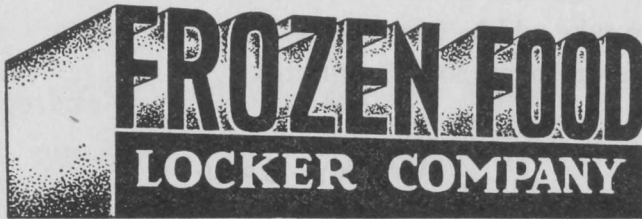
Wash berries and remove hulls reserving about 12 of the choicest ones to use for garnishing. Cut the others in half. In a saucepan put 1 cup of berries and one cup of sugar and 1 cup of water and cook slowly about 15 minutes. Mix the corn starch and 1/3 cup of water to a smooth paste. Add this slowly to the cooked berries, stirring until thickened. Continue cooking slowly for 20 minutes, stirring occasionally. Cool a little. Add the halved berries and pour into baked pie shell. Garnish with the whole berries. This may be served plain or with whipped cream or ice cream.

—Mrs. Ritchie.

FOR BETTER LIVING — WHERE ECONOMY RULES

"YOUR FROZEN FOOD CENTER"

Food or A Food Plan Locker or Freezer



10317 - 102 St.

Phone 44684 - 25385 - 23987

TELEPHONE 75337

Maurice Roy Agencies

FIRE AND AUTOMOBILE INSURANCE

Personalized Accounting and Bookkeeping Service

DOUGLAS M. ROY

MAURICE ROY, R.I.A.

9403 - 118th Avenue

Edmonton, Alberta

CAKES

MARRIED WOMAN'S CAKE

- | | |
|-----------------------------------------|---------------------------|
| 1 pound of True Love | 1 pound of Cheerfulness |
| 1 pound of perfect Trust and Confidence | 1 pinch of Unselfishness |
| | A sprinke of Interest |
| | In all your Husband does. |

Mix all well with a jill of the Oil of Sympathy; put into a tin of Contentment; flavour with a Bright Fireside and a Loving Kiss; bake well all your Life.

CANADA CAKE

- | | |
|------------------------|--------------------------------------|
| 2 eggs (not beaten) | $\frac{1}{2}$ cup butter |
| 1 cup sugar | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup milk | $1\frac{1}{2}$ cups Robin Hood flour |
| 1 tsp. vanilla | 2 tsps. baking powder |

METHOD:

Put all dry ingredients together, mix eggs, butter, milk together and mix with dry ingredients, then add vanilla.

For chocolate cake add $\frac{1}{2}$ cup cocoa to dry ingredients.

Bake in moderate oven for 40 minutes.

—Audrey Irving.

WACKY CAKE

Sift together into ungreased 8 x 8 pan—

- | | |
|---------------------------------------------|---------------------|
| $1\frac{1}{2}$ cups sifted Robin Hood flour | 3 tbsps. cocoa |
| 1 cup sugar | 1 tspn. baking soda |
| | 1 tspn. salt |

Make 3 holes. In one hole put 1 tspn. vanilla. In another 1 tbsp. vinegar. In the third put 3 tbspn. melted shortening.

Pour 1 cup lukewarm water over all and stir it all till smooth and well blended.

Bake at 350 degrees F. for 30 minutes.

—Mrs. B. L. Webster.

PHONE ALL DEPTS. PBX 28118

EDMONTON PRODUCE CO. LTD.

LIVE POULTRY — EGGS — DRESSED POULTRY

Wholesale Dealers and Exporters

10502-4 - 102nd STREET

EDMONTON, ALBERTA

ANGEL FOOD

Use large tube pan, do not grease. Have eggs at room temperature. Sift flour once before measuring.

Sift together five times $1\frac{1}{8}$ cups sifted Velvet Cake flour, $\frac{3}{4}$ cup sugar.

Put into large bowl $1\frac{1}{2}$ cups egg whites (11 to 13 whites). Add $\frac{1}{2}$ tspn. salt. Beat till foamy.

Add $1\frac{1}{2}$ tspn. cream of tartar.

Continue beating till whites are stiff and stand in peaks. Do not beat till dry.

Sprinkle in gradually 1 cup sugar. Beat till sugar is blended. Add 1 tspn. vanilla, 1 tspn. almond flavoring.

Sift in flour mixture evenly and quickly. Beat only enough to blend.

Bake at 375 degrees, 30 to 35 minutes.

SMALLER ANGEL FOOD

1 cup sifted Velvet Cake flour	1 tsp. cream tartar
$1\frac{1}{4}$ cup sugar	1 cup egg whites
$\frac{1}{4}$ tspn. salt	1 tsp. vanilla
	$\frac{1}{2}$ tsp. almond flavoring

Mix as above.

CHOCOLATE ANGEL FOOD

Substitute $\frac{1}{4}$ cup cocoa for $\frac{1}{4}$ cup flour. Sift cocoa in with flour. Mix as above.

—Irene Morrison.

GOLD CAKE

Use egg yolks left over from Angel Food. Use large tube pan, do not grease. Sift together 3 times:

3 cups sifted Velvet Cake flour	2 tsps. baking powder
	$\frac{1}{2}$ tsp. salt

Put into large bowl:

10 to 12 egg yolks and beat until very fluffy and thick.

Beat in gradually:

2 cups sugar

ADD—

1 tsp. vanilla	1 cup cold water
$\frac{1}{2}$ tsp. lemon extract	

Then sprinkle in flour mixture gradually while beating. Beat only enough to blend. Pour into pan. Bake at 350 degrees F. about 1 hour or until golden brown. Invert on cake cooler rack until cool.

DAFFODIL CAKE

(Mrs. D. MacRae)

YELLOW PART—

6	egg yolks	2	tbsp. cold water
$\frac{1}{4}$	tsp. salt	$\frac{1}{2}$	cup sugar
$\frac{1}{2}$	tsp. baking powder	$\frac{1}{2}$	cup Robin Hood flour

WHITE PART—

6	egg whites	1	tsp. cream of tartar
$\frac{1}{2}$	cup sugar	$\frac{1}{2}$	cup Robin Hood flour
$\frac{1}{4}$	tsp. salt	$\frac{1}{2}$	tsp. almond

Sift sugar and flour and measure before starting. Sift 4 times, sift baking powder with $\frac{1}{2}$ cup of flour, beat yellow part first; 6 yolks, $\frac{1}{4}$ tsp. salt, beat light, add water and beat very light, add vanilla, let stand until white part is ready. Beat 6 whites, salt, beat stiff to peaks. Add cream of tartar and beat very stiff, add sugar and almond, let stand till you add flour and baking powder to yellow part, put yellow part in tube pan, then fold in flour to white part and put on top of yellow. Bake in slow oven one hour. Let cool in pan.

LIGHT XMAS CAKE

1	cup butter	1	lb. coconut
2	cups sugar	1	lb. mixed fruit
$2\frac{1}{2}$	cups Robin Hood flour	$\frac{1}{2}$	lb. blanched almonds
6	eggs beaten separately	3	tspns. baking powder
1	tin 20 oz. crushed pineapple	1	tspn. vanilla
2	lbs. bleached sultana raisins	1	tspn. almond flavouring
1	lb. glazed cherries	1	tspn. lemon flavouring
			Pinch salt

Cream butter and sugar, add egg yolks, then flour and baking powder and salt sifted together. Fold in the prepared fruits and flavouring. Lastly add the stiffly beaten egg whites. Bake at 200 degrees F. for 5 hours, or 250 degrees F. for 4 hours.

—Mrs. J. McLean.

RAISIN SPICE CAKE

1	cup sugar	$\frac{1}{2}$	tspn. allspice
$\frac{1}{2}$	cup butter or shortening	1	tspn. salt
1	cup sour milk	1	egg unbeaten
1	tspn. soda	$1\frac{1}{2}$	cups Robin Hood flour
1	tspn. cinnamon	1	cup raisins
$\frac{1}{2}$	tspn. cloves		

Cream butter, sugar, add unbeaten egg; sift soda, flour, spices and salt together; add alternately with milk. Add flavouring and raisins. Bake in moderate oven at 350 degrees F. and bake 1 hour.

—Mrs. Jean Myers.

All Lights Shine

ON THE OUTSTANDING DISPLAY OF

L A M P S

Before buying see our splendid array of Lamps

- **Modern Designs**
- **Period Styles**
- **Conventional Types**

Attractive fixtures for ceilings and walls — A wide assortment of lamps for every room in the house

at

Hillas Electric Co.

THE LAMP HOUSE OF EDMONTON

10347 Jasper Ave.

Ph. 27228 - 24971



For Tempting
VARIETY in family
Meals serve Delicious
WOODLAND COTTAGE
CHEESE

When Recipes

CALL FOR

MILK

use only Pure FRESH MILK for perfect results. Pastries, Puddings, Soups, etc., are tastier — finer flavored — more nourishing and wholesome for your family when made with FRESH MILK . . . more economical to use, too.

Woodland
DAIRY

ORANGE SPONGE CAKE

- | | | | |
|---|----------------------|---|----------------------------|
| 4 | large eggs | 5 | tbsp. orange juice |
| 1 | cup fine white sugar | 1 | tbsp. orange rind (grated) |
| 1 | tsp. baking powder | 1 | cup Robin Hood flour |

METHOD:

Beat eggs separately. Into the yolks beat the sugar. Add orange juice and grated rind. Add sifted flour and baking powder. Whip whites until firm and fold into first mixture. Bake in angel cake tin for 40 minutes (at 325 degrees F.), or until cake begins to shrink from sides of tin. Ice lightly with orange butter icing.

ICING:

- | | | | |
|---|---------------------|---|---------------------------------------------------|
| 2 | tbsp. melted butter | 1 | cup icing sugar (or enough to make soft mixture). |
| 2 | tbsp. orange juice | | |
| 1 | tbsp. grated rind | | |

—Mrs. W. F. Empey.

BUTTERCUP CAKES

- | | | | |
|----------------|--------------------------|---------------|---------------------|
| $\frac{1}{4}$ | cup butter or margarine | $\frac{1}{4}$ | tsp. salt |
| 2 | tbsp. grated orange peel | 2 | tsps. baking powder |
| $\frac{3}{4}$ | cup sugar | $\frac{1}{4}$ | cup milk |
| 1 | egg | $\frac{1}{4}$ | cup orange juice |
| $1\frac{1}{3}$ | cups Velvet cake flour | | |

METHOD:

Thoroughly cream butter, orange peel, sugar. Add egg and beat thoroughly. Add sifted dry ingredients alternately with milk and orange juice. Fill greased cupcake pans half full. Bake in moderate oven (375 degrees F.), 15 minutes. Makes 9 cupcakes. Frost with orange frosting.

FRUIT AND GUM DROP CAKE

- | | | | |
|---------------|-----------------------|---------------|-------------------------------|
| 1 | cup sugar | $\frac{1}{2}$ | cup milk |
| $\frac{1}{2}$ | cup butter (melted) | 1 | tsp. baking powder |
| 2 | eggs | $\frac{1}{2}$ | lb. raisins |
| $\frac{1}{2}$ | tsp. salt | $\frac{1}{2}$ | lb. gum drops (no black ones) |
| 2 | cups Robin Hood flour | | |

Bake in a moderate oven at least an hour.

—Wilma Bazian.

The “Perkay” Hats

House of Fine Millinery

10801 - 82 A E.

PHONE 37466

DARK ORANGE CAKE

1	cup white sugar	1½	cups Robin Hood flour
2	eggs	2	tspns. cocoa (or 1 sq. chocolate)
1	cup sour cream (or ¼ cup butter if sour milk is used)	1	tspn. soda
½	cup walnuts	1	tspn. baking powder
1	cup dates		Salt

Pour into 8" layer tins and bake in 350 degrees F. oven for 20 minutes.

FILLING:

½	cup white sugar	Juice and rind of 1 orange
1	egg	

Cook until thick. Cool and put between cooled layers.

—Mrs. E. N. Griggs.

DEVIL'S FOOD CAKE

Preheat oven—layer cake, 375 degrees F. for 20 to 25 minutes.
loaf cake, 350 degrees F. for 50 to 55 minutes.

Grease pans lined with wax paper; have ingredients at room temperature.

1¾	cups sifted Velvet	1½	cups sugar
	Cake flour	⅔	cup milk
1	tsp. salt	2	eggs unbeaten
1	tsp. soda	½	cup shortening soft
½	cup cocoa	1	tsp. vanilla

Cream shortening, add sugar, eggs, milk and vanilla. Cream thoroughly, add dry ingredients. Beat well.

JOHNNIE CAKE

¼	cup sugar	1½	cups milk
4	level tsps. butter	1½	cups Robin Hood flour
2	eggs	¾	cup corn meal
¼	tsp. salt	4	level tsps. baking powder

Cream butter, add sugar and beat. Add eggs and beat until foamy. Add flour sifted with Baking Powder and salt, alternately with milk. Bake 20 minutes in hot oven.

—Mrs. Jean Myers.

FOR QUALITY AND SERVICE
PHONE 86143

RAINBOW DRY CLEANERS

12524 - 118 AVENUE

EDMONTON

WINDBLOWN CAKE

Put 3 egg yolks in bowl, add $\frac{3}{4}$ cup cold water. Beat until it becomes 1 quart. Add 1 tsp. baking powder to $1\frac{1}{2}$ cups Swansdown (measured after sifting). Measure and sift $1\frac{1}{4}$ cup white sugar. Add these a little at a time to egg yolk mixture, folding in carefully. Add 1 tsp. vanilla and $\frac{1}{2}$ tsp. almond flavouring. Beat egg whites stiff and fold in.

Bake in an ungreased loaf tin at 325 degrees F. When done, invert pan and let cool.

—Mrs. Mary Beavis.

CHOCOLATE BAR CAKE

$\frac{1}{2}$ cup butter	6 tbsps. water
1 cup of white sugar	$\frac{1}{2}$ cup Robin Hood flour
2 eggs	Pinch of salt
2 squares of chocolate (melted)	$\frac{3}{4}$ cup of walnuts

Mix in order of ingredients, bake at 375 degrees F., cut in half and ice in centre with a butter icing while still warm.

ORANGE LAYER CAKE

2 eggs	1 cup raisins (put through chopper)
1 cup brown sugar	1 orange—rind and juice through chopper
$\frac{1}{2}$ cup butter	

1 teaspoon baking soda in 1 small cup sour milk. Robin Hood flour enough to mix.

Bake in two layers. Make date filling. Ice with chocolate.

—Mrs. M. M. Downey.

ORANGE FRUIT CAKE

1 cup sugar	2 eggs
1 cup butter	$2\frac{1}{2}$ cups Robin Hood flour
$\frac{3}{4}$ cup sour milk	1 tsp. soda

Beat sugar and butter, put eggs in and beat. Add 1 cup chopped raisins, grated rind of 1 orange, add flour and soda. Add sour milk. Bake 40 minutes at 300 degrees F. Pour juice of 1 orange over cake when done.

—Barbara Werner.

APPLESAUCE CAKE

1 $\frac{3}{4}$ cups sifted Robin Hood flour	3 $\frac{3}{4}$ cup raisins or dates
2 tsp. baking powder	1 $\frac{1}{4}$ cup chopped almonds
1 $\frac{1}{2}$ tsp. soda	1 egg well beaten
1 tsp. salt	1 cup cold sweetened applesauce
1 tsp. cinnamon	4 tbsps. shortening
3 $\frac{3}{4}$ cup brown sugar	

Sift dry ingredients three times. Mix well beaten egg with applesauce, add melted shortening, add to flour mixture. If too thick, add milk, making a rather thick batter. Bake 30 minutes in moderate oven.

—Mrs. R. C. Hill.

FRESH ORANGE CHIFFON CAKE

Step 1: Measure and sift together into mixing bowl—

1 $\frac{1}{8}$ cups (1 cup plus 2 tbsps.) Velvet Cake flour, spoon lightly, don't pack	2 unbeaten egg yolks
3 $\frac{3}{4}$ cup sugar	Juice of one medium sized orange plus water to make 3 $\frac{3}{8}$ cup (1 $\frac{1}{4}$ cup plus 2 tbsps.)
1 $\frac{1}{2}$ tsp. baking powder	Grated rind of 1 orange (about 1 tbsp.)
1 $\frac{1}{2}$ tsp. salt	Beat with spoon until smooth.
Make a well and add in order	
1 $\frac{1}{4}$ cup Mazola	

Step 2: Measure into large mixing bowl—

1 $\frac{1}{2}$ cup egg whites (4 whites)	1 $\frac{1}{4}$ tsp. cream of tartar
-------------------------------------------	--------------------------------------

Whip until whites form very stiff peaks. They should be much stiffer than for angel food or meringue. Do not underbeat.

Step 3: Pour egg yolk mixture gradually over whipped egg whites gently folding with rubber scraper just until blended. Do not stir. Pour into ungreased pan immediately.

Bake in: 8 x 8 x 2 inch or 9 x 9 x 2 square—350 degrees F., 30 to 35 minutes.

5 x 10 x 3 inch loaf—325 degrees F., 50 to 55 minutes.

9 inch tube 3 $\frac{1}{2}$ inches deep—325 degrees F., 50 to 55 minutes.

Turn pan upside down and cool.

Orange Cream Icing for above Cake

Melt in saucepan 1 $\frac{1}{4}$ cup shortening (part butter adds flavour). Remove from heat. Blend in 2 tbsps. Velvet Cake flour, 1 $\frac{1}{8}$ tsp. salt. Stir in slowly 1 $\frac{1}{4}$ cup orange juice. Bring to a boil, stirring constantly. Boil 1 minute. (If mixture curdles, do not be alarmed.) Remove from heat. Stir in 1 $\frac{1}{2}$ cups sifted icing sugar. Set saucepan in bowl of cold water. Beat until consistency to spread. Stir in 1 $\frac{1}{4}$ tbsp. grated orange rind.

WESTERN SIGNS

15126 Stony Plain Road

SHOW CARDS ● COTTON BANNERS ● PAPER POSTERS
SILK SCREEN PROCESS PRINTING

Res. 10948 - 108 St.

Phone 27072

BURTON DENTAL LABORATORY

10329 - 101 Street—Upstairs, No. 3 (Just South of St. Regis Hotel)

EDMONTON, ALBERTA

PHONE 23235

MacIvor, Harris, Fingarson & Worden

CHARTERED ACCOUNTANTS

206 Mercantile Bldg.

Edmonton, Alberta

T A M B L Y N **DRUG STORES**

Druggists Your Doctor Trusts

Seven Stores in Edmonton to Serve You

208 Birks Block
Phone 28278

11528 Jasper Ave.
Phone 83045

Roxy Theatre Store
Phone 83364

82nd Ave. and 109th St.
Phone 31554

COURTEOUS
SERVICE

QUALITY
MERCHANDISE

FREE
DELIVERY

Garneau Theatre Store
Phone 34181

9624 - 111 Ave.
Phone 72341

9536 - 87 St.
Phone 27854

SPICY CHIFFON CAKE

1 cup Velvet Cake flour only $\frac{1}{4}$ tsp. allspice
 $\frac{1}{2}$ tsp. cinnamon $\frac{1}{4}$ tsp. cloves

Follow recipe for orange chiffon using water as liquid.

CREAMY NUT ICING FOR ABOVE

$\frac{1}{4}$ cup shortening (part butter); remove from heat, blend in $1\frac{1}{4}$ tbsps. Robin Hood flour, $\frac{1}{8}$ tsp. salt. Stir in slowly $\frac{1}{4}$ cup milk. Bring to boil, stirring constantly. Boil 1 minute. Stir in $\frac{1}{4}$ cup brown sugar (packed). Remove from heat. Stir in 1 cup sifted icing sugar; set in saucepan of cold water. Beat until consistency to spread. Stir in $\frac{1}{4}$ tsp. vanilla and $\frac{1}{4}$ cup crushed walnuts.

To make plain Chiffon Cake substitute all water for orange juice and 1 tsp. Almond extract, omitting grated orange rind.

To make Maraschino Cherry Chiffon Cake, use almond flavouring; add $\frac{1}{2}$ cup finely shredded maraschino cherries and ice with cherry icing (using juice from the cherries).

To make Mocha Chiffon Cake use strong coffee instead of water, and add $1\frac{1}{2}$ squares semi-sweet chocolate grated finely and chilled in frig just before putting in cake. Ice with Mocha Icing or other fluffy icing.

To make Cocoa Chiffon Cake, stir until smooth, then cool:
 $\frac{3}{8}$ cup ($\frac{1}{4}$ cup plus 2 tbsps. boiling water), $\frac{1}{4}$ cup cocoa.

Use only $\frac{3}{4}$ cup sifted Velvet Cake flour and $\frac{7}{8}$ cup sugar ($\frac{3}{4}$ cup plus 2 tbsps.), 2 tspns. baking powder.

Use the 4 egg yolks and add the chocolate mixture in this step. Proceed as for the Fresh Orange Chiffon Cake.

Suggested topping for this cake:

Peanut Crunch—Fold $\frac{1}{2}$ cup finely crushed peanut brittle into 1 cup heavy cream whipped stiff. Makes about 2 cups topping.

Chocolate Fluff: Mix together 1 cup heavy cream, $\frac{1}{4}$ cup cocoa, dash of salt, $\frac{1}{2}$ cup sifted icing sugar in a chilled bowl. Beat mixture until stiff enough to hold a point. Serve on wedges of cake.

RAISIN CAKE

$\frac{1}{2}$ cup butter	1 tsp. soda
$\frac{3}{4}$ cup brown sugar	1 tsp. baking powder
2 cups Robin Hood flour	1 tsp. cinnamon
$1\frac{1}{2}$ cups raisins	1 tsp. cloves
1 egg	2 tbsps. molasses

Boil raisins, save $\frac{3}{4}$ cup of liquid, let cool, put in mixture. Cook at 350 degrees F. for 1 hour.

—Mrs. Black.

1 cup Brown Sugar

TUTI FRUITI CAKE

1/2 cup raisins	1/2 tsp. cinnamon
1/2 cup dates	1/2 tsp. cloves
1/4 cup walnuts	1/2 tsp. nutmeg
1 cup boiling water	1/2 tsp. mace
1/2 cup butter	1 tsp. vanilla
1 egg	1 3/4 cups Robin Hood flour
1 tsp. soda	

Chop dates and raisins and nuts, sprinkle with soda, add cup of boiling water. Cream butter, sugar, and add beaten egg. Then add flour, spices, salt, and add to fruit mixture. Mix well, put in 9 x 10 pan, bake in moderate oven, 350 degrees F. for 50 or 60 minutes.

—Mrs. M. Wood.

DATE CAKE

1 cup chopped dates	1/4 tsp. salt
1 cup boiling water	1 tsp. baking powder
1/4 cup shortening	1 1/2 cups Robin Hood flour
1 cup white sugar	3/4 tsp. soda
1 beaten egg	1 tsp. vanilla

Pour boiling water over dates and let stand while preparing the rest of cake. Cream shortening and sugar, and add beaten egg. Add sifted dry ingredients alternately with date and water mixture, add vanilla. (Half cup of chopped nuts may be added if desired.) Bake in 325 degrees F. oven for 1 hour.

TOPPING:

3 tbsps. butter	2 tbsps. milk
5 tbsps. brown sugar	1/2 cup shredded coconut

Mix ingredients together and boil for 3 minutes. Spread this over cake when it is baked, but while it is still hot. Place in oven for a few minutes to brown.

—Nellie Roy.

ORANGE CUP CAKES

1 3/4 cups sifted pastry flour	2 eggs
2 1/2 tsps. baking powder	2 tsps. grated orange rind
1/2 tsp. salt	1/2 cup orange juice
1 cup sugar	1/4 tsp. vanilla
2/3 cup butter or margerine	

Mix together using usual cake method. Fill cup cake pans two-thirds full. Bake in moderate oven.

—Phyllis Settle.

COLD WATER SPONGE CAKE

3	eggs	1	tsp. baking powder
1	cup sugar	1 $\frac{3}{4}$	cups Velvet Cake flour
$\frac{3}{4}$	cup cold water		Salt and vanilla

Beat yolks of eggs and water 7 minutes. Add sugar slowly, add flour, salt and baking powder. Add beaten egg whites and vanilla, last. Bake in a medium sized angel food tin.

—I. Morrison.

ECONOMY CHOCOLATE CAKE

$\frac{1}{2}$	cup butter	1 $\frac{1}{2}$	cups Robin Hood flour
1	cup white sugar	1	tsp. baking powder
1	egg	$\frac{1}{2}$	tsp. soda
1	cup milk	$\frac{1}{4}$	tsp. salt
2	squares melted chocolate	1	tsp. vanilla

Cream butter and white sugar. Add unbeaten egg and vanilla. Melt chocolate and add to mixture. Sift flour and add baking powder, soda and salt and sift again. Add flour mixture alternately to first mixture, with milk. Bake in moderate oven for 25-30 minutes.

—Marjorie Cox.

GRAHAM WAFER CAKE

25	Graham wafers fine ground	$\frac{1}{2}$	tsp. salt
1	cup fine coconut	1 $\frac{1}{2}$	tsp. baking powder

Mix together.

Add:

1	cup milk	1	egg
1	cup white sugar	2	tbsp. melted shortening

Mix and add to dry ingredients. Bake in square pan at 375 degrees F. for 30 minutes.

—Kay Hewitt.

MACAROON CAKE

$\frac{1}{2}$	cup butter	3	egg yolks
$\frac{1}{2}$	cup white sugar	1	cup Robin Hood flour
1	tsp. baking powder	$\frac{1}{4}$	tsp. salt
3	tbsps. milk		

Cream butter, add sugar and cream well. Add beaten egg yolks. Sift flour with baking powder and salt and add alternately with milk. Spread in buttered pan and cover with the following:

3	egg whites beaten stiff	$\frac{1}{2}$	cup white sugar
1	cup coconut		

Bake about 40 minutes—oven at 350 degrees F.

—Mrs. Glenn Stewart.



NOW—BETTER CAKES
WITH
"NEW" DOMESTIC
SHORTENING



"Easier, Quicker, Thriftier"

A PRODUCT OF
CANADA PACKERS LIMITED

Ask for

Mello-Moor

ICE CREAM

SOUTH EDMONTON CREAMERY

BIOMED CENTRE

10350 - 101st STREET

**Graydon's Herbal
Drug Store**

HERBAL
REMEDIES
HERB TEAS

For Different Diseases

PHONE 21411

Dr. O. Kapitz

Naturopathic
Physician

10 a.m. to 4 p.m.
Except Saturday

PHONE 43993

CHOCOLATE CAKE

1	cup white sugar	2	eggs
	Butter—size of a lemon	$\frac{1}{2}$	cup milk
1	cup Robin Hood flour	$\frac{1}{2}$	cup cocoa
1	tsp. baking powder	1	tsp. soda
$\frac{1}{2}$	cup boiling water	1	tsp. salt

Beat eggs, sugar and butter. Add milk alternately with dry ingredients. Add boiling water and soda last. Beat well and cook in pan 8 x 8, at 350 degrees F. Ice with chocolate icing.

—Mrs. Glenn Stewart.

BOILED RAISIN CAKE

$\frac{1}{2}$	cup butter	1	cup brown sugar
1	egg	1	teaspoon soda
1	cup raisins	$\frac{1}{4}$	teaspoon cloves
1	teaspoon cinnamon	$1\frac{1}{2}$	cups Robin Hood flour

Boil raisins for 20 minutes in enough water to cover. Pour off water saving $\frac{1}{2}$ cup for cake. Sift flour, soda and spices together three times. Cream butter and sugar, add well beaten egg. Then add cooled raisin water and flour mixture, a little at a time. Beat well and fold in raisins. Put in pan 6" x 9" and bake about 30 minutes at 375 degrees F.

—Mrs. J. O. Waltham.

FUDGE CAKE

$1\frac{3}{4}$	cups Robin Hood flour	1	cup sugar
$\frac{1}{2}$	cup butter	$\frac{1}{2}$	cup sweet milk
2	eggs	1	teaspoon vanilla
2	oz. grated chocolate	1	teaspoon soda
$\frac{3}{4}$	cup boiling water	$1\frac{1}{2}$	teaspoon cream of tarter

Sift Cream of Tarter with flour. Cream butter and sugar and add beaten eggs, chocolate, milk and vanilla. Combine boiling water and soda and add to other ingredients. Then add flour.

—Mrs. W. W. Hunt.

“A Friend”

CHRISTMAS CAKE

1 lb. butter	1/4 lb. pecans
1 1/2 cups brown sugar	1 lb. fruit cake mix
1 1/2 cups white sugar	1/2 lb. glazed cherries
5 cups Robin Hood flour	8 eggs
1 lb. white sultana raisins	1 tbsp. light molasses
1 cup currants	1/2 cup fruit juice
3 lbs. seeded raisins	1/2 tsp. Oil of Lemon
or sultanas	2 tsp. Cream Tartar
1/4 lb. almonds, blanched and halved	1 tsp. soda
	1/2 tsp. salt

Wash and pick over fruit, nuts, etc.

Cream butter and add sugar. Add molasses and yolks of eggs well beaten. Sift flour and add part to the fruit mixture balance to egg mixture. Add fruit juice and oil of lemon, then floured fruit. Mix well. Lastly fold in stiffly beaten egg whites.

Line cake pans with heavy brown paper, greased well. Fill pans 2/3 full. Bake in a slow oven 250 degrees for 6 hours. Allow to thoroughly cool before storing to ripen.

If your oven has a tendency to brown more on the bottom place the cake pans on a cookie sheet to which salt has been liberally sprinkled.

—Mrs. Verna Claxton.

LAZY DAISY CAKE

2 eggs	1/3 tspn. salt
3/4 cup fruit sugar	1 tsp. vanilla
1 cup Velvet Cake flour	1/2 cup milk scalded
1 1/2 tsp. baking powder	1 tbsp. butter

Beat eggs very well and add sugar gradually, beating thoroughly with rotary egg beater. Sift flour, salt and baking powder. Add scalded milk in which the butter has been melted to egg mixture and blend with beater. Add vanilla, then flour mixture blending slowly with the beater. Bake in ungreased tube pan or square pan at 325 degrees F. for 50 minutes. Invert to cool.

ICING FOR ABOVE:

5 tbsps. brown sugar	2 tbsps. cream
3 tbsps. butter	1/2 cup coconut

Mix and let boil for 2 minutes. Spread on cake and return to oven until slightly browned.

RAISIN CAKE

1/2 cup butter	1 tsp. baking powder
3/4 cup brown sugar	1 tsp. cinnamon
1 1/2 cup raisins	1 tsp. cloves
1 egg	2 cups Robin Hood flour
1 tsp. soda	

Boil raisins in enough water to have 3/4 cup water when boiled. Two tablespoons molasses. Cook at 350 degrees F. for 1 hour.

—Mrs. James Ward.

SPONGE CAKE

- | | |
|-------------------------|-------------------------|
| 1 cup Velvet Cake flour | Grated rind and juice |
| 1 cup sifted sugar | of 1 orange |
| 4 eggs | $\frac{1}{4}$ tsp. salt |

Sift flour and salt together 4 times. Beat egg yolks, sugar and orange juice for 5 minutes. Fold in egg whites, add flour a little at a time. Bake 1 hour in a slow oven, 350 degrees F. Invert pan until cool.

—L. Anderson.

TOMATO SOUP CAKE

- | | |
|--------------------|-----------------------------|
| 1/3 cup shortening | 1 1/2 cups Robin Hood flour |
| 1 cup white sugar | 1 tsp. cinnamon |
| 1 can Tomato soup | 1/2 tsp. cloves |
| 1 tsp. soda | 1 cup raisins |

Cream butter and sugar. Dissolve soda in soup (in different dish). Add to mixture. Add flour and spice and raisins. Mix thoroughly. Bake in moderate oven.

—Anita Atkin.

WHITE CHIFFON CAKE

- | | |
|---------------------------------------------|----------------------------|
| 1 cup white sugar | 1 1/2 tspns. baking powder |
| 1 cup and 2 tbsps. sifted Velvet Cake flour | |

Sift all together in mixing bowl, make a hole in centre and add—

- | | |
|-----------------------------------------------|-------------------------|
| 1/4 cup Mazola oil | juice instead of water. |
| 1/4 cup and 2 tbsps. cold water or add orange | 3 egg yolks |
| | 1 tsp. vanilla |

Mix above with spoon until smooth batter. Beat egg whites stiff then add batter into egg whites. Fold in and put in ungreased pan.

Bake in 350 degrees F. for 35 minutes.

—Mrs. Pringle.

10648 - 101 St.

Phone 27019

Ferguson Hardware Ltd.

LAWN MOWERS SHARPENED — KEYS CUT — BICYCLES
BICYCLE REPAIRING — RENTALS
EDMONTON, ALBERTA

Simpson's Sears' **Order Office**

10184 - 101 St., Edmonton

PHONE 86780

11402 - 120th Street, Edmonton

Alberta Bedding Company

Manufacturers of The Famous Miracle Rest Mattress

FOR REPAIR JOBS CONTACT US

Compliments of

ANDY A. HAMILTON

PLUMBING AND GAS FITTING

Phone 72155

Edmonton

11741 - 95 St.

A Recipe for a Happy House

Campbell's Furniture

EDMONTON IRON & WIRE WORKS

Manufacturers of iron railings, flower box brackets, gravel and coal screens
General welding and blacksmithing

Phone 26650

10361 - 96 STREET

EDMONTON

***Charles* EXPRESS LTD.**

WE MOVE ANYTHING, ANYTIME, ANYWHERE

PHONE 28040 - 21865

MEMBER EDMONTON REAL ESTATE BOARD

Treasure's Ltd.

REAL ESTATE • GENERAL INSURANCE

PHONES 85724 - 86232

14225 STONY PLAIN ROAD

EDMONTON, ALBERTA

COOKIES & SMALL CAKES

*Like the love of the Mother
It shines through our years;
It has soothed all our hurts
And has dried away tears;
It has paid us for toiling,
In sorrow or joy;
It has always shown kindness
To each girl and boy;
And I'm sorry for people,
Whoever they are,
Who live in a house where there's
No Cookie Jar.*

MINCEMEAT BARS

2 cups rolled oats	1 $\frac{3}{4}$ cups sifted pastry flour
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. salt
1 cup margene	1 packed cup brown sugar
1 $\frac{1}{2}$ cups mincemeat	

Combine rolled oats, flour, soda and brown sugar. Cut in margene. Work with finger tips until mixture is crumbly. Pack half of this firmly into a well-greased 8 x 8 pan. Cover with mincemeat, spreading evenly. Top with remaining crumb mixture. Pack firmly. Smooth over with knife dipped in milk. Bake 40 min. in 335 degree F. oven. Cut in bars when cool.

—Mrs. W. McLaren.

WALNUT SLICE

1 cup Robin Hood flour	1 tbsp. sugar
$\frac{1}{2}$ cup butter	

Crush together like shortbread and spread on tin and bake 5 minutes at 350 degrees F., meanwhile mix together:

1 $\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ tsp. baking powder
2 eggs	1 cup walnuts
1 tsp. vanilla	$\frac{1}{2}$ cup coconut

Spread on first mixture and bake again in 350 degrees F. oven about 15-20 minutes. Do not bake too long or it will dry out.

—Mrs. Sam Gilker.

Clifford Powell **Airline Steamship Tours**

"EVERYTHING IN TRAVEL"

Edmonton Travel Agency, 10139 Jasper Avenue, Edmonton, Alberta
PHONE 24371

NATURAL GAS—



and a fully automatic
gas range

**Makes Cooking
a Pleasure**

NORTHWESTERN UTILITIES LTD.

ON DISPLAY NOW AT DIXIE HEADQUARTERS



FOR FINER COOKING CHOOSE
DIXIE FULLY AUTOMATIC RANGES

**Podersky's
Furniture
Stores**

2 STORES TO SERVE YOU

104th St. and Jasper Ave.

Ph. 23171

10424 - 82nd Ave.

Ph. 32668

EASY BUDGET TERMS MAY BE
ARRANGED

ONLY **\$136.95** UP

REFRIGERATOR SQUARES

PART 1—

- | | |
|-------------------------------|----------------|
| $\frac{1}{2}$ cup butter | 5 tbsps. cocoa |
| $\frac{1}{4}$ cup white sugar | |

Place these ingredients in double boiler and put over hot water until melted. Add 1 beaten egg.

PART 2—

- | | |
|------------------------------|-----------------------------------|
| 2 cups crushed Graham wafers | 1 cup coconut |
| | $\frac{1}{2}$ cup chopped walnuts |

Combine this with part 1 and press into a 9 x 9 pan.

TOPPING—

- | | |
|-------------------------------|----------------------------------|
| 2 cups icing sugar | $\frac{1}{4}$ cup Carnation milk |
| $\frac{1}{4}$ cup soft butter | 2 tbsps. custard powder |

Spread on top of mixture and take 4 squares chocolate, 1 tbsps. butter, melt, let cool and pour over top. Chill in refrigerator.

—Mrs. Ritchie.

PECAN DREAMS

- | | |
|------------------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ tsp. salt |
| 2 tbsps. honey or less $\frac{1}{4}$ cup sugar | 1 tsp. vanilla |
| 1 cup Robin Hood flour | 1 cup chopped pecans or almonds |

Work butter until creamy, stir in sugar. Add remaining ingredients and mix thoroughly. Form in balls or half moons. Bake in 300 degrees F. oven 35 minutes (light brown) roll in powdered sugar, when cool. roll again.

—Mrs. Black.

CHOCOLATE BROWNIES

- | | |
|------------------------------------------|------------------------------------|
| $\frac{1}{4}$ cup butter | 2 eggs |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ cup Robin Hood flour |
| 2 squares unsweetened chocolate (melted) | 1 tsp. vanilla |
| | $\frac{3}{4}$ cup chopped nuts |

METHOD:

Cream butter and sugar thoroughly. Add melted chocolate and combine. Beat eggs lightly, add and mix thoroughly. Sift flour, measure, sift again and add to mixture. Add walnuts and vanilla and mix thoroughly. Bake in an oiled 6" x 9" pan at 350 degrees F. for 35 minutes. Ice while hot with chocolate icing. Cut into squares.

CHOCOLATE ICING

- | | |
|----------------------------|---------------------------------------|
| 2 tbsps. butter | 1 square unsweetened chocolate melted |
| 1 cup confectioner's sugar | $\frac{1}{2}$ tsp. vanilla |
| Dash of salt | |
| 1 egg white, unbeaten | |

Cream butter, add $\frac{1}{4}$ cup sugar and cream well. Add salt and unbeaten egg white and blend. Add remaining sugar gradually and vanilla. Mix well. Add melted chocolate and combine.

—Wilma Bazian.

MARSHMALLOW SQUARES

- | | |
|-----------------------------------------|--------------------------------------------------------------------|
| 1/2 pkg. Graham wafers,
broken small | 24 marshmallows cut in four
1/2 to 3/4 cup walnuts, mix in bowl |
|-----------------------------------------|--------------------------------------------------------------------|

Boil 5 to 10 minutes in double boiler:

- | | |
|-------------------|-----------------------|
| 3/4 cup margarine | 2 eggs beaten |
| 1 cup sugar | 3 or 4 tbsps. coconut |

Pour over first mixture and put in greased cake pan and put in frig.
Ice with rather thin butter icing with cocoa.

—Mrs. Eva Johnston.

DIAMOND BARS

- | | |
|----------------------------|---------------------------------------|
| 2 eggs beaten | 3/4 tsp. baking powder |
| 1 cup sugar | 1/2 cup chopped walnuts |
| 2 squares melted chocolate | 1/2 cup melted butter
or margarine |
| 2/3 cup Robin Hood flour | |

METHOD:

Mix in order given and bake 20 minutes in moderate oven.

ICING:

- | | |
|---------------------------|-----------------------|
| 1 square melted chocolate | 1 cup icing sugar |
| 1 egg | 1 tbsp. melted butter |

—Mrs. Eva Johnston.

FRIGIDAIRE DAINTIES

- | | |
|-------------------------------------------------------------------|------------------------------------------------|
| 14 Graham wafers, finely
rolled | 1/2 cup chopped walnuts
1 cup chopped dates |
| 12 marshmallows, cut small | |
| A few cherries and colored pineapple rings for color, finely cut. | |
| 3 tbsps. cream | |

Mix together until sticky, shape in two rolls and roll in 3/4 cup finely
rolled Graham wafers. Put in refrigerator to chill for a few hours.
Cut in thin slices as needed.

—Mrs. J. O. Waltham.

BROWN SUGAR COOKIES

- | | |
|----------------|-------------------------|
| 1/2 cup butter | 1 cup brown sugar |
| 1 egg, beaten | 1/4 cup milk |
| 1 tsp. vanilla | 2 tsps. baking powder |
| 1/4 tsp. salt | 2 cups Robin Hood flour |

Soften butter, add sugar and beat well. Add egg, milk and vanilla.
Blend well. Sift dry ingredients and stir into first mixture. Drop by
spoonfuls on a floured cookie sheet. Bake at 375 degrees F. 10 minutes
or until golden brown. Sprinkle some with coloured balls.

—Mrs. J. C. McKee.

CHERRY SQUARES

Combine and pat into 8" x 8" pan:

1/2 cup butter	1/4 cup icing sugar
1 cup Robin Hood flour	

Beat:

2 eggs	1 tbspn. Robin Hood flour (small)
1 cup brown sugar	1 tsp. vanilla
1 cup coconut	Dash salt

Spread over mixture in pan.

Cut up 1/2 bottle of maraschino cherries over mixture and sprinkle about 3 tablespoons of juice over all.

Bake 20 minutes at 350 degrees F.

Icing: Butter icing with cherry juice.

—Phyllis Evans.

UNCOOKED SQUARES OF CHOCOLATE

Melt 1/2 cup butter.

Add 1 cup sugar, 2 tablespoons cocoa, 1 beaten egg.

Stir well and simmer 1 minute.

Add 1 teaspoon vanilla, 1/2 pound Graham wafers (broken and 3/4 cup walnuts)

Mix and press in greased pan.

When cold, ice with chocolate frosting.

—Wilma Bazian.

PECAN BALLS

8 tablespoons butter	1 cup Velvet Cake flour
1 tablespoon brown sugar	1 cup pecans

Mix as you would shortbread and roll in small balls. Bake at 350° F., dip in icing sugar while still warm.

Happy Hobbies Ltd.

A Complete Handicraft Service

Leather Carving Taught

Inquire about instruction in other crafts

BRADBURN-THOMSON BLOCK
EDMONTON, ALBERTA

10160 - 101st St.
PHONE 23706

CHERRY FLIPS

- | | | | |
|---|-------------------------|---|------------------------------|
| 1 | cup butter | 2 | to 2½ cups Velvet cake flour |
| ½ | cup icing sugar | ¼ | teaspoon salt |
| 2 | egg yolks | | About 30 maraschino or |
| 1 | teaspoon almond essence | | glace cherries |
| 1 | teaspoon vanilla | | |

Make like shortbread, mixing well. Break off small pieces of dough, flatten in hand, press cherry in centre and fold over (if cherries are large cut in half). Completely cover cherry. Bake at 325 degrees F. for 25 to 30 minutes on ungreased cookie sheet.

PINEAPPLE COOKIES

- | | | | |
|---|------------------------|---|-------------------------------|
| 2 | cups Robin Hood flour | 1 | egg |
| 1 | teaspoon baking powder | ½ | teaspoon vanilla |
| 1 | teaspoon baking soda | ½ | cup drained crushed pineapple |
| 1 | small teaspoon salt | ¼ | teaspoon nutmeg |
| ½ | cup soft shortening | 1 | tablespoon granulated sugar |
| ¾ | cups granulated sugar | | |

Sift together first four ingredients. Mix shortening and next three ingredients until creamy. Mix in pineapple, then flour mixture. Drop onto ungreased cookie sheet. Sprinkle cookie with nutmeg and sugar combined and bake until golden brown.

—Anita Atkin.

MERINGUE FRUIT DROPS

- | | | | |
|---|------------------|---|---------------------------|
| ¼ | pound almonds or | ½ | cup fine granulated sugar |
| | walnuts | ½ | teaspoon vanilla |
| 1 | pound dates | 2 | teaspoons lemon juice |
| 2 | egg whites | | |

Put dates and nuts through chopper, add vanilla and lemon juice, blend well and shape into small balls. Beat egg whites stiff but not dry, gradually beat in sugar. Now coat fruit balls with meringue by lowering into meringue on teaspoon until well coated. Place on well greased baking sheet and bake in 275 degrees F. oven, 15 to 20 minutes.

FRY PAN COOKIES (A Tasty Confection)

Use a thick, cold fry pan.

- | | | | |
|---|-------------------|---|-----------|
| 2 | eggs | ¾ | cup sugar |
| 1 | cup chopped dates | | |

Cook over heat for 10 minutes, stirring constantly. Remove from heat and add two cups Rice Crispies and a little vanilla. Roll teaspoonfuls in coconut, or may be made into long roll on waxed paper covered with coconut and when cold cut into slices. Nuts are a tasty addition.

—Mrs. J. J. Magee.

WALNUT SLICE

- | | |
|-------------------------------|--------------------------------|
| 1 cup Robin Hood flour | 1 cup chopped walnuts |
| $\frac{1}{3}$ cup butter | 2 tablespoons Robin Hood flour |
| $\frac{1}{4}$ cup brown sugar | 1 teaspoon baking powder |
| $\frac{1}{2}$ cup coconut | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | |

METHOD—

Blend flour and butter as for piecrust; press into bottom of shallow cake tin 7" x 11"; bake for 10 minutes at 275 degrees F. Meanwhile beat eggs well; add brown sugar, coconut and chopped nuts; add flour, baking powder and salt. Pour over cooked crust; bake at 275 degrees F. until light brown. When cold spread with butter icing.

—Mrs. Mary McConachie.

BUTTERSCOTCH SQUARES

- | | |
|------------------------------------------|----------------|
| $\frac{1}{2}$ inch off a pound of butter | 1 egg unbeaten |
| 1 cup brown sugar | |

Beat well together, add—

- | | |
|------------------------------------|--------------------------------------------|
| $\frac{3}{4}$ cup Robin Hood flour | A little salt and vanilla |
| 1 scant teaspoon baking powder | Pecans or walnuts, about $\frac{1}{2}$ cup |

Mix well and bake in 8" tin in moderate oven.

—Mrs. R. Christie.

CRISCO COOKIES

- | | |
|-------------------------------|-------------------------------------------------|
| $\frac{3}{4}$ cup Crisco | Small teaspoon cream tartar |
| $\frac{3}{4}$ cup brown sugar | $\frac{1}{2}$ teaspoon baking soda, sifted with |
| 1 egg | 2 cups Robin Hood flour |
| Salt | |
| Vanilla | |

Roll in small balls and press with fork. Bake 10 to 15 minutes at 300 degrees F.

Mrs. M. M. Downey.

EAGLE CAKE

- | | |
|------------------------------------|--------------------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ cup butter |
| 3 eggs | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{2}$ teaspoon baking soda | $2\frac{1}{4}$ cups Robin Hood flour |
| 1 cup sour milk | 1 cup raisins |
| $\frac{1}{2}$ cup walnuts | $\frac{1}{2}$ teaspoon allspice |
| $\frac{1}{2}$ teaspoon cloves | $\frac{1}{2}$ teaspoon nutmeg |
| 1 teaspoon cinnamon | |

Bake in moderate oven for 30 minutes.

—Mrs. Pringle.

PHONE 71617

**JOHNSON BROS.
ELECTRIC CO. LTD.**

CONTRACTORS AND SUPPLIES

11745 - 95th Street

Edmonton

COMPLIMENTS

Northern Hardware Co., Ltd.

10075 JASPER AVENUE

EDMONTON

COMPLIMENTS OF

***Edmonton's Palace
of Sweets***

•
WESTERN CANADA NEWS

•
**WESTERN CANADA SUBSCRIPTION
AGENCIES LTD.**

•
104th Street and Jasper Ave.

Edmonton, Alberta

ROCK CAKES

6	tablespoons shortening		Vanilla to flavor
1½	cup brown sugar	1½	cups sifted Robin Hood
1	egg		flour
¼	cup chopped walnuts	2	teaspoons baking powder
½	cup chopped dates	3	tablespoons milk

METHOD—

Cream shortening and sugar. Add whole egg and beat well, add nuts, dates and vanilla. Mix well and add flour and baking powder which have been sifted together. Add milk gradually, as the mixture must be stiff so that the cookies will hold their shape. Drop from teaspoon on a greased cookie sheet and bake in a moderate oven, 350 degrees F. for 15 minutes.

—Mary McConachie.

CHOCOLATE SQUARES

First Mixture—

3	tablespoons white sugar	¼	cup cocoa
1	cup Robin Hood flour	½	cup butter

Press into pan and bake 10 minutes at 350 degrees.

Top—

2	eggs—beaten	1	cup brown sugar
3	tablespoons Robin Hood flour	1	cup walnuts
		1	teaspoon baking powder
½	cup coconut	1	teaspoon vanilla

METHOD—

Spread on top of first mixture and bake 30 minutes in moderate oven about 375 degrees. When cool, ice with chocolate icing.

—Isabel McLeod.

DATE BARS

Part 1—

1½	cups quick cooking rolled oats	¼	teaspoon salt
1½	cups Robin Hood flour	1	lb. of dates
1	cup of brown sugar	2	cups of water
½	cup of butter or margarine	¼	cup of sugar
½	teaspoon soda		

Cook these to a smooth paste.

Part 2 (Filling)—

METHOD—

Cream butter and add sugar, then flour sifted with salt and soda and rolled oats. Mix well then put half of crumbs in pan pat down, then spread on date filling. Pat on remaining crumbs. Bake in a moderate oven until slightly brown.

—Mrs. M. Wood.

CHOCOLATE SQUARES

2	squares bitter chocolate	$\frac{3}{4}$	cups Velvet Cake flour
$\frac{1}{2}$	cup shortening	1	teaspoon baking powder
1	cup sugar	1	cup nuts
3	eggs		Salt

Melt chocolate and shortening in top of double boiler. Remove from heat, beat in sugar, then add eggs one at a time. Sift and measure flour, then sift with baking powder. Add to chocolate mixture. Stir in chopped nuts. Bake in moderate oven, 350 degrees F. for 40 minutes.

—Mrs. J. C. McKee.

FUDGE BAR

$\frac{1}{2}$	cup butter	1	cup sugar
2	eggs, separated	1	cup sifted Robin Hood flour
2	tablespoons cocoa	1	cup walnuts
1	teaspoon vanilla		

Mix all but egg whites. Beat whites and fold into other mixture. Turn into greased 8" square tin and bake in moderate oven about 50 minutes. Ice with preferred icing.

—Mrs. J. C. McKee.

BUTTER SCOTCH COOKIES

1	cup brown sugar	$\frac{1}{2}$	cup nuts
$\frac{1}{2}$	cup butter	$1\frac{3}{4}$	cups Robin Hood flour
$\frac{1}{2}$	teaspoon soda	1	egg

METHOD—

Roll and let stand overnight. Slice and bake in oven 375 degrees F.

—Wilma Bazian.

CHOCOLATE INJUNS

$\frac{1}{2}$	cup Robin Hood flour	2	eggs
$\frac{1}{2}$	cup butter	$\frac{1}{2}$	cup chopped walnuts
$\frac{3}{4}$	cup brown sugar	1	teaspoon vanilla
3	tablespoons cocoa in about	$\frac{1}{2}$	teaspoon baking powder
	$\frac{1}{3}$ cup hot water		Pinch of salt

METHOD—

Mix together in order given. Spread in pan about 8" x 13", bake in 350 degrees F. oven for about 25 minutes. When baked place marshmallows on top quite close together and put in oven until soft enough to spread. When covered, take from oven. Ice with chocolate icing. Cut in small squares.

—Mrs. Alim Yerex.

PLAIN DROP COOKIES

- | | |
|-------------------|-------------------------|
| 1 cup butter | 2 cups Robin Hood flour |
| 1 egg yolk | 1½ teaspoon salt |
| ¾ cup brown sugar | |

METHOD—

Cream butter well. Add sugar and yolk of egg. Add flour and salt. Drop by teaspoon on buttered baking sheet. Put ½ cherry on top (before baking).

—Wilma Bazian.

FRIGIDAIRE DAINTIES

- | | |
|---------------------------------|------------------------------------------------------------------|
| 14 Graham wafers, finely rolled | A few cherries and colored pineapple rings for color, finely cut |
| 12 marshmallows, cut small | |
| ½ cup chopped walnuts | 3 tablespoons cream |
| 1 cup chopped dates | |

METHOD—

Mix together until sticky, shape in two rolls and roll in ¾ cup finely rolled graham wafers. Put in refrigerator to chill for a few hours. Cut in thin slices as needed.

—Mrs. J. O. Waltham.

SCOTCH COOKIES

- | | |
|-------------------------------|---------------------------|
| 1 cup sifted Robin Hood flour | 3 tablespoons icing sugar |
| 1 square butter (¼ lb.) | 3 tablespoons corn starch |

METHOD—

Mix all together and make a roll. Chill slightly and slice. Bake in a moderate oven.

—Wilma Bazian.

CHEESE DELIGHTS

- | | |
|--------------------------|----------------------------|
| ¼ cup butter | ¼ teaspoon salt |
| 1 tablespoon brown sugar | ½ teaspoon baking powder |
| 1½ cups Robin Hood flour | ¼ lb. pkg. Imperial cheese |

METHOD—

Spread ½ of this mixture in pan, then spread with jelly and put the remainder of mixture on top. Bake in a moderate oven.

—Wilma Bazian.

SHORT BREAD COOKIES

- | | |
|-------------------------------------|------------------------------------|
| ½ cup butter | 2½ cups Robin Hood flour (or less) |
| ½ cup shortening plus 2 tablespoons | 1 teaspoon vanilla |
| 1 cup icing sugar | ½ cup pecan nuts, chopped |

Roll in balls and press flat with fork. Cook in slow oven.

—Barbara Werner.

BROWN BETTIES

- | | |
|-----------------------------|-----------------------------------|
| 1 cup sugar (brown) | 2 cups Robin Hood flour |
| 1 cup butter | $\frac{1}{2}$ cup chopped walnuts |
| 1 egg (well beaten) | $\frac{1}{2}$ cup dates |
| 1 teaspoon baking powder | $\frac{1}{2}$ cup raisins |
| 4 tablespoons milk | 1 teaspoon vanilla |
| $\frac{1}{4}$ teaspoon salt | |

METHOD—

Cream butter and sugar. Add egg and milk. Sift dry ingredients. (Stiff mixture.) Add vanilla, nuts and fruit. Mix well and drop by spoonfuls. Bake about 375 degrees F.

ROCKY MOUNTAIN ROADS

- | | |
|--------------------|---------------------|
| 2 eggs beaten well | 4 squares chocolate |
| 1 cup icing sugar | 1 cup chopped nuts |
| | 18 marshmallows |

METHOD—

Melt chocolate in double boiler until hot. Pour over eggs and sugar and mix well. When cool add 18 marshmallows cut in pieces and add one (1) cup chopped walnuts. Drop by teaspoons and let stand overnight. Raisins can also be added.

—Mary Regan.

GINGER SNAPS

- | | |
|---------------------------------------|---------------------------------|
| 1 cup melted lard, very hot | $\frac{1}{2}$ teaspoon cinnamon |
| $1\frac{1}{4}$ cups molasses | 3 cups Robin Hood flour |
| 1 teaspoon each soda, ginger and salt | |

METHOD—

Mix soda, salt, and spices with molasses and add to hot fat. Beat well. When cold add three (3) cups flour. Roll out and bake. This dough keeps well in the frig.

—Mary Regan.

DAD'S COOKIES

- | | |
|--------------------------------------|-------------------------------------|
| 1 cup butter | $1\frac{1}{2}$ cups Robin Hood oats |
| 2 cups sugar (1 brown, 1 white) | 1 egg |
| $1\frac{1}{2}$ cups Robin Hood flour | $\frac{1}{2}$ cup milk |
| 1 teaspoon baking soda | 1 cup coconut |

Mix well. Pinch a bit of dough and put in pan. Then flatten with fork. Bake in moderately hot oven.

Woodward's

Your Family Shopping Centre

- EDMONTON
- VANCOUVER
- PORT ALBERNI
- VICTORIA
- NORTH VANCOUVER

BUTTERSCOTCH STICKS

- | | |
|---------------------------|--------------------------|
| 1/4 cup of butter | 1/4 teaspoon salt |
| 1 cup brown sugar | 1 teaspoon baking powder |
| 1 egg | 1/4 cup broken walnuts |
| 1 cup of Robin Hood flour | 1 teaspoon vanilla |

METHOD—

Melt butter in saucepan, add sugar and blend well. Remove from heat and cool to lukewarm. Add unbeaten egg, beat well. Add flour, salt, vanilla and nut meats. Bake in greased 8" x 8" pan about 30 minutes at 350 degrees. When cool cut into squares.

—Mrs. F. Tucker.

OATMEAL MACAROONS

- | | |
|---------------------------|----------------------|
| 1 egg, lightly beaten | 1/4 cup coconut |
| 1/3 cup white sugar | 1/4 teaspoon salt |
| 2 teaspoons melted butter | 1/2 teaspoon vanilla |
| 3/4 cup rolled oats | |

METHOD—

Beat egg until light, gradually beat in sugar. Stir in remaining ingredients. Let stand for 5 minutes. Place spoonfuls of mixture on oiled cookie sheet. Bake in moderate oven until lightly brown. Remove from pan while still warm.

—Marjorie Cox.

SHORTBREAD

- | | |
|-----------------------------|-------------------------|
| 1 cup butter | use 1/2 cup |
| 3/4 cup icing sugar (scant) | 2 cups Robin Hood flour |
| if using ordinary sugar | |

METHOD—

Cream butter, add sugar gradually, then flour, working together till smooth. Bake in moderately slow oven.

—Mrs. H. T. Butchart.

ROLLED OAT SQUARES

- | | |
|---------------------------|------------------------------|
| 1 rounded cup brown sugar | 1 teaspoon vanilla |
| 1 unbeaten egg | 1 cup melted butter (or part |
| 4 cups rolled oats | margarine or shortening) |
| (quick cooking) | Salt to taste |

METHOD—

Mix in order given, and spread about 1/2" thick in a large flat pan pressing firmly and evenly. Bake in a moderate oven until light brown. Cut in squares before cool and crisp.

—Mrs. Lee Green.

See what's cooking
in
Spring Fashions
at

Style
DRESS SHOPPE

9349 - 118 Ave.

PHONE 73435

GLADYS' FLOWER SHOP

Compliments of

BLOWEY-HENRY LIMITED

WHOLESALE FURNITURE AND FLOOR COVERINGS

Edmonton

Alberta

PREMIER Sales and Service

PARTS AND SERVICE FOR ALL MAKES OF VACUUM CLEANERS

PHONE 26664

CORONA HOTEL BLDG., 10623 JASPER AVE., EDMONTON, ALBERTA

10912 - 88 Ave.

HIGH LEVEL PHARMACY

PHONE 31456

PHONES 25704 - 25709

Established 1937

Western Cabinet Mfg. Co.

SCHOOL, OFFICE AND CHURCH FURNITURE

SASH AND DOORS — FINE MILLWORK

11002 - 101st Street

Edmonton, Alberta

RAE'S BAKERY

HOME OF HOME-MADE PIES, CAKES,
AND BREAD

PHONE 71547

9222 - 111 AVE.

FRUIT MALLOW SLICES

- | | | | |
|----|---------------------------------|-----|--------------------------------|
| 16 | marshmallows | 2 | tablespoons cream |
| 1 | cup raisins | 1 | cup walnuts (chopped) |
| 1 | cup semi-sweet chocolate pieces | 1/2 | cup shredded coconut (browned) |

METHOD—

Place chocolate, marshmallows and cream in double boiler and stir until smooth and creamy. Stir in raisins and nuts and mix well. Form into roll and roll in coconut and then in foil or wax paper and keep in frig.

—Mrs. T. C. Bradshaw.

CHERRY DROP COOKIES

- | | | | |
|-----|------------------|------------------------------|----------------------|
| 1 | egg (not beaten) | Flavouring and pinch of salt | |
| 1/2 | cup sugar | 1/2 | cup corn starch |
| 1/2 | cup butter | 1 | cup Robin Hood flour |

METHOD—

Mix well and drop by small spoonfuls on buttered pan, at least an inch apart. Put piece of cherry on top and bake at 400 degrees F.

—Mrs. H. T. Butchart.



"Come on over!
It's BIG ORANGE"

Big! flavor-full! refreshing!

ENOUGH IN ONE CARTON
FOR THE WHOLE GANG

A PRODUCT OF CALGARY BREWING & MALTING CO., LTD.

BLACKOUTS

- | | |
|---------------------|----------------------------|
| 4 squares chocolate | 18 marshmallows, cut small |
| 2 eggs | 1 cup chopped walnuts |
| 1 cup icing sugar | 1/2 cup coconut |

METHOD—

Melt chocolate in double boiler. Beat eggs, add icing sugar. When chocolate is cool add eggs and sugar, add marshmallows, walnuts and coconut. Mix until marshmallows are well coated. Drop on cookie tin on waxed paper. Let stand in cool place over night. No cooking needed.

—I. Morrison.

CURRENT ROCKS

Cream together 1/2 cup shortening and 3/4 cup white sugar.

Add 1 egg and beat well.

Add 1 3/4 cup Robin Hood flour sifted with 2 teaspoons baking powder and 1/4 teaspoon salt and 1/2 teaspoon nutmeg. Add 1/2 cup washed currants. Stir in 1/4 cup or less milk. Make pretty stiff.

Drop by teaspoonfuls on butter cookie sheet. Bake at 400 degrees F. 8 to 10 minutes.

—Mrs. E. N. Griggs.

CHEESE COOKIES

- | | |
|----------------------------|-------------------------|
| 1 package McLaren's cheese | 4 tablespoons sugar |
| 1 cup butter | 2 cups Robin Hood flour |

Cream cheese and butter together. Add sugar and cream well. Work in flour.

Roll 1/4 inch thick and cut with cookie cutter. Bake at 350 degrees.

—Mrs. P. A. Stewart.

ALMOND MACAROONS

- | | |
|---------------------------------------|-----------------------------------------------|
| 1/2 lb. unblanched almonds,
ground | 2 egg whites beaten stiff
Salt and vanilla |
| 1/2 lb. icing sugar | |

Bake at 325 degrees F. 15 to 20 minutes.

—Mary Regan.

ALMOND FINGERS

- | | |
|-----------------------------------------------------|---------------------------|
| 1 cup almonds put through
chopper, skins and all | 2 cups Robin Hood flour |
| 1 cup butter | 1/2 teaspoon salt |
| | 4 tablespoons white sugar |

Blend thoroughly, knead a bit. Roll 1/4 inch thick and cut strips 3/4 inch wide. Then cut across in 2 inch lengths. Place strips separately on pan. Bake at 350 degrees F. and while still hot, sprinkle with sugar.

—E. M. Ashford.

FOOD FOR THE GODS

- | | |
|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| 12 Graham wafers (crushed)
less than $1\frac{1}{4}$ cups
1 cup brown sugar
1 cup (heaping) chopped dates | 2 teaspoons baking powder
3 eggs
1 cup chopped walnuts |
|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|

Mix in order given and bake in moderate oven 20 to 25 minutes. Spread with butter icing and sprinkle with additional Graham crumbs.

—Jean Ross.

MYSTERY CAKE

- | | |
|--------------------------|------------------------|
| $\frac{1}{2}$ cup butter | 1 cup Robin Hood flour |
|--------------------------|------------------------|
- Cut butter into flour with two knives or pastry blender, until flour fat particles are very small. Pat mixture into 8 x 8 inch pan and bake at 400 degrees F. until golden brown.

TOPPING—

- | | |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 2 eggs (well beaten)
$\frac{1}{2}$ cup coconut
$\frac{1}{2}$ teaspoon baking powder | $\frac{1}{2}$ cup walnut meats
2 tbsps. Robin Hood flour
$1\frac{1}{3}$ cups brown sugar |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|

Beat eggs, add dry ingredients (mixed together). Add chopped walnuts and coconut. Place mixture on top of baked pastry and bake in a slow oven until light brown in color. When cool, if desired, ice with a simple butter icing and cut in squares.

—Wilma Bazian.

FRUIT SQUARES

- | | |
|--------------------------------------------------------------------------------|---------------------------------------------|
| 1 cup Robin Hood flour
$\frac{1}{2}$ cup butter
1 teaspoon baking powder | 1 egg
1 tablespoon milk
Pinch of salt |
|--------------------------------------------------------------------------------|---------------------------------------------|

Mix all together and spread in pan. Cover with raspberry jam and on top put:

- | | |
|------------------------------------------------------------|-------------------------|
| $\frac{3}{4}$ cup white sugar
Butter (size of a walnut) | 1 egg
2 cups coconut |
|------------------------------------------------------------|-------------------------|

Mix well.

Cook at 350 degrees F.

—Wilma Bazian.

DREAM CAKE

- | | |
|------------------------------------------------------------------------|------------------------|
| $\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup butter or shortenng | 1 cup Robin Hood flour |
|------------------------------------------------------------------------|------------------------|

Mix and line ungreased pan—brown slightly in oven

MIX—

- | | |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| $\frac{3}{4}$ cup coconut
1 cup nutmeats
3 dessertspoons Robin Hood flour, scant | 2 eggs, slightly beaten
$1\frac{1}{4}$ cups brown sugar
A few cherries |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|

Pour over above and cook 20 to 25 minutes in moderate oven.

—Mrs. R. Christie.

THOMPSON HARDWARE CO. LTD.

(MARKET HARDWARE)

"EVERYTHING IN HARDWARE"

9902 - 102 Ave.

Edmonton, Alberta

PHONE 24447

STORE PHONE 31075

RES. PHONE 33722

Murray & Farrah Ltd.

E. A. FARRAH, Proprietor

Quality Merchandise

Specializing in Men's, Women's and Children's Ready-to-Wear

Boots, Shoes, Hats and Caps

10355 WHYTE AVE.

BUS. PHONE 42534

RES. PHONE 71139

Cowan Electrical Contracting Ltd.

COWAN BUILDING

EDMONTON, ALBERTA

9654 JASPER AVE.

Sales and Service of All Electrical Equipment

All Types of Electrical Installations

ELECTRICAL APPLIANCES — FIXTURES — SOUVENIRS — REFRIGERATORS

RANGES — WASHERS — RADIOS — GIFTS FOR ALL OCCASIONS

TAYLOR TILE LTD.

LINOLEUM AND TILE FLOORS OF ALL KINDS

10839 - 109 St.

Ph. 25196

TELEPHONE 32951

McBETH AGENCIES

REAL ESTATE - INSURANCE - LOANS

10507 Whyte Ave.

Edmonton, Alta.

"Modern Merchandise at Moderate Prices"

NATIONAL HARDWARE LTD.

JOBBER AND RETAILER

Up-to-Date Kitchenware, Paints and Radios

PHONE 25312

10230 - 101st Street

Edmonton, Alta.

DATE BALLS

- | | |
|-----------------------|---------------------|
| 1½ cups chopped dates | 1 cup Rice Krispies |
| 2 eggs, unbeaten | 1 tspn. vanilla |
| 1 cup white sugar | |

Put in heavy frying pan: cook over slow heat, stirring all the time, until caramelized. Remove from stove. Add 1 teaspoon vanilla and 1 cup Rice Krispies. Let cool and drop from teaspoon into coconut. Form into balls. Can also be rolled in nuts, if desired. No cooking in oven.

—Mrs. M. Seale.

MELTING MOMENTS

- | | |
|----------------------------|--------------------------|
| ¾ cup brown sugar | 1 cup melted butter |
| 1 egg | 1¾ cups Robin Hood flour |
| ½ teaspoon cream of tartar | ½ teaspoon baking soda |
| 1 teaspoon vanilla | |

Add butter to brown sugar, add unbeaten egg. Beat well. Add sifted dry ingredients and vanilla. Drop by spoonful on unbuttered baking sheet. Bake 4 to 5 minutes at 350 degrees F.

MARSHMALLOW DREAMS

- | | |
|------------------------------------------------|---------------------------|
| 1 cup walnuts or pecans | 1 tablespoon butter |
| 1½ cups icing sugar | Vanilla |
| 1 egg | 24 marshmallows, cut in 4 |
| 4 squares chocolate melted
(½ semi, ½ dark) | |

To sugar add egg, cup nuts (not chopped). Add marshmallows. Add chocolate and butter cooled. Work into 2 rolls on wax paper. Freeze. Cut when desired.

—Anita Atkin.

"DAY-AND-NIGHT" SQUARE

- | | |
|--------------------------------------|--------------------------------|
| 2¼ cups sifted Velvet Cake flour | 2 ounces unsweetened chocolate |
| 1 teaspoon baking soda | 2 eggs |
| ½ teaspoon salt | ½ cup thick buttermilk |
| 8 tablespoons butter | ½ cup water |
| 2 cups lightly-packed
brown sugar | 1 teaspoon pure vanilla |

Measure flour and add the baking soda and salt. Cream butter until very soft and gradually blend in the brown sugar. Melt and add the chocolate. Beat eggs until very thick and light and add, combining well. Sift in the dry mixture alternately with the combined buttermilk and water, combining after each addition; add the vanilla with the last of the liquid. Turn the batter into a greased and floured 8-inch square pan and bake in a rather slow oven, 325 degrees F., about 1 hour. When cold, cover the cake with a white boiled frosting, then with a thin glaze of melted unsweetened chocolate. (To discourage graying of the chocolate, melt it over water which is hot but not boiling—and allow it to set at room temperature.)

LEMON FILLING CAKE

$\frac{3}{4}$ cup melted butter	1 teaspoon baking soda
14 crushed soda crackers	Pinch of salt if unsalted
1 cup brown sugar	crackers are used
1 cup coconut	

Put $\frac{3}{4}$ of the mixture into a 8" x 8" pan and flatten out.

FILLING:

1 cup warm water	1 egg
$\frac{1}{4}$ cup butter	1 tablespoon corn starch
Rind and juice of one lemon	1 cup sugar

Cook until thick and pour over first mixture and sprinkle with remaining $\frac{1}{4}$ of the crumbs. Bake in ungreased pan at 325 degrees F.

—Elva Young.

MARSHMALLOW FUDGE BARS

Sift together:

$\frac{3}{4}$ cup Robin Hood flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon double-acting baking powder	2 tablespoons cocoa

Cream:

$\frac{1}{2}$ cup shortening

Add gradually $\frac{3}{4}$ cup sugar

Cream until light and fluffy.

Blend in: 2 eggs, one at a time, beating well after each addition.

Add: Sifted dry ingredients to creamed mixture and mix well.

Blend in:

1 teaspoon vanilla

$\frac{1}{2}$ cup chopped pecans

Spread: in greased and floured 12" x 8" pan.

Bake: in moderate oven 350 degrees F., 25 to 30 minutes.

Cover: Top of baked bars with 12 soft marshmallows cut in half.

Return to oven for 3 minutes or until marshmallows are soft.

Spread: Marshmallows evenly. Cool, cover with chocolate frosting.

CHOCOLATE FROSTING

Combine $\frac{1}{2}$ cup firmly packed brown sugar, $\frac{1}{4}$ cup water and 2 squares chocolate in saucepan. Let come to a boil and cook for three minutes. Add 3 tablespoons butter and 1 teaspoon vanilla. Cool. Blend in $1\frac{1}{2}$ cups sifted icing sugar. If necessary thin with a small amount of cream. Spread over marshmallow topping. Cut in bars.

—Velma Owren.

"Altasweet"

PASTEURIZED HONEY

BROWN-EYED SUSANS

- | | | | |
|---|-------------------------|-----|-----------------------|
| 1 | cup margarine | 2 | cups Robin Hood flour |
| 3 | tablespoons sugar | 1/2 | teaspoon salt |
| 1 | teaspoon almond extract | | |

METHOD—

Cream margarine. Add sugar, almond extract, flour and salt. Roll level tablespoons of this mixture into balls. Place on oiled cookie sheet and flatten slightly. Bake in moderately hot oven, 400 degrees F., 10 to 12 minutes. Frost with:

- | | | | |
|---|------------------------|-----|------------------|
| 1 | cup sifted icing sugar | 1/2 | teaspoon vanilla |
| 2 | tablespoons cocoa | | Almond halves |
| 2 | tablespoons hot water | | |

Combine sugar and cocoa. Add the water and the vanilla. Put 1/2 teaspoon of the frosting on each cookie with an almond half in the centre.

—Marjorie Cox.

SWEDISH PASTRY

- | | | | |
|-----|-----------------|---|----------------------|
| 1/2 | cup butter | 1 | egg yolk |
| 1/4 | cup brown sugar | 1 | cup Robin Hood flour |

METHOD—

Mix butter and sugar, add yolk, beat well, add flour. Form in small balls, dip in egg white, slightly beaten. Dip in chopped nuts, dent, centre. Cook 15 minutes in hot oven. Dab centre with jam.

—Rene Young.

CHERRY BALLS

- | | | | |
|-----|---------------------------|---|-------------|
| 1/2 | lb. maraschino cherries | 1 | cup coconut |
| 1/2 | lb. almonds (unblanched), | 1 | egg |
| | put through chopper | | |

Mix and roll in balls and dip in white sugar (uncooked).

DOUGHNUTS

- | | | | |
|-----|------------------------|---|----------------------------|
| 2 | eggs | 2 | teaspoons baking powder |
| 1 | cup sugar | 1 | cup milk |
| 1 | tablespoon melted lard | 3 | to 4 cups Robin Hood flour |
| 1/2 | teaspoon salt | | (to make thick dough) |

Mix eggs, sugar, lard, add flour with baking powder and salt alternating with milk.

Roll out to 3/8 inches and cut with doughnut cutter. Fry in deep fat (hot) turning to brown both sides.

—Inez Martin.

FOR GOODNESS SAKE USE

SUNLAND GRAHAM WAFERS

IN THE MANY GRAHAM WAFER RECIPES

Made in Edmonton by

SUNLAND INDUSTRIES LIMITED



INSIST

ON GENUINE

ORANGE CRUSH

Made from natural orange juice and
bottled fresh daily by the

PRAIRIE ROSE MFG. CO. LTD.

Edmonton

Alberta



TOP HAT CLEANERS & DYERS LTD.

"For TOPS in Quality Cleaning"

Men's Suits, Coats and Children's Wear
Ladies' Suits, Coats and Dresses

PHONE 34567

10802 - 82nd Avenue

Edmonton, Alta.

For . . .

FIRE INSURANCE

at Reasonable Cost

SEE YOUR NEAREST AGENT

THE

Alberta General Insurance

COMPANY

A Crown Company guaranteed by the Government of the
Province of Alberta

COCONUT TARTS

- | | | | |
|-----|--------------|---|-------------|
| 1 | egg (beaten) | 1 | cup coconut |
| 1/2 | cup sugar | | |

METHOD—

Make pastry shells, put a little jam in each shell.

Beat egg, add sugar and coconut and put on top of the jam.

Bake in moderate oven 375 degrees F., for 20 to 25 minutes.

—Audrey Irving.

CREAM PUFFS

- | | | | |
|-----|-------------------|-----|-----------------------------|
| 1/4 | cup shortening | 1/2 | cup sifted Robin Hood flour |
| 1/2 | cup boiling water | 1/4 | teaspoon salt |
| 2 | eggs unbeaten | | |

In a saucepan combine water and shortening. Heat until shortening melts. Add flour and salt, stirring vigorously. Cook while stirring until batter leaves pan. Remove and cool for 1 minute. Add eggs unbeaten one at a time. Beat until smooth. Drop by tablespoonful on greased baking sheet, 2 inches apart, shaping with tablespoon into rounds that point up in centre. (It helps if spoon is wet.)

Bake in hot oven 450 degrees F. for 10 minutes, then 400 degrees F. for 25 minutes more. May be filled with whipped cream or the following filling:

CREAM FILLING—

- | | | | |
|-----|--------------------------|---|-------------------|
| 6 | tbspns. Robin Hood flour | 2 | eggs |
| 1/2 | cup sugar | 1 | tablespoon butter |
| 1/4 | teaspoon salt | 1 | teaspoon vanilla |
| 2 | cups milk | | |

Mix thoroughly flour, 1/2 cup sugar and salt in top of double boiler. Add scalded milk. Cook until smooth and thick (about 10 minutes). Pour over eggs beaten with remaining 1/4 cup sugar. Cook 1 minute more. Remove from fire, add vanilla and shortening or butter, and cool.

—Mrs. E. N. Griggs.

JAM BUNS

- | | | | |
|---|-------------------------|-----|----------------|
| 2 | cups Robin Hood flour | 1/4 | teaspoon salt |
| 3 | teaspoons baking powder | 1 | cup shortening |
| 2 | tablespoons sugar | | |

Mix like pastry, then add

- | | | | |
|---|------------------|-----|----------|
| 1 | egg | 1/2 | cup milk |
| 1 | teaspoon vanilla | | |

Mix well together. Roll out about as thick as for pastry. Cut in squares, place a dab of jam on each square, fold corners up. Pinch edges well together. Bake in gem tins.

—Laura Haynes.

CHERRY BALLS

- | | |
|--------------------------------------|-------------------------------|
| 1½ cups of candied cherries (cut up) | 1 cup of coconut |
| ¾ cup blanched almonds (slivered) | Few drops of almond flavoring |

Mix these ingredients together and form into small balls.

Now beat 2 egg whites stiff, then beat in 7 tablespoons of icing sugar and fold in 3 more tablespoons of icing sugar. Roll the fruit balls in the meringue, place on a greased pan and bake at 250 degrees F., with oven door open until firm and dry. Close oven door last few minutes, about 45 minutes, in all.

HEALTH SQUARES

- | | |
|--------------------|----------------------------|
| 1 cup white sugar | 1 cup cream (10 per cent). |
| 1 cup yellow syrup | Add vanilla |

Boil the above ingredients to soft ball stage.

- | | |
|----------------------------------|----------------------------------|
| ⅔ pkg. corn flakes (5 or 6 cups) | 1 cup unsalted peanuts (crushed) |
| ½ pkg. Rice Krispies | ½ teaspoon salt |
| 1 cup long coconut | |

Mix all together in large bowl and pour liquid over mixture. Then pat the mixture down flat in cake tin, using damp hands. No cooking required.

—Mary Connauton.

EAGLE BRAND STRAWBERRIES

- | | |
|-------------------------------------------------------------|------------------------|
| 2 packages Strawberry Jello Reserve half of one for rolling | 1 tin Eagle brand milk |
| | 1 lb. fine coconut |

Mix 1½ packages of jelly powder with the milk and coconut. Let set a short time. Roll into small balls and shape one end to form a strawberry. Roll in reserved jelly powder. Make a very small amount of butter icing with green colouring added. With a tooth pick or cake decorator shape three little green leaves on stem end of strawberry.

—Elsie McCammon.

BUTTER SCOTCH STICKS

- | | |
|------------------------|--------------------------|
| ¼ cup butter | ¼ teaspoon salt |
| 1 cup brown sugar | 1 teaspoon baking powder |
| 1 egg | ¼ cup broken walnuts |
| 1 cup Robin Hood flour | 1 teaspoon vanilla |

Melt butter in saucepan, add sugar and blend well. Remove from heat and cool to lukewarm. Add unbeaten egg, beat well, add flour, salt, vanilla and nut meats.

Bake in greased 8" x 8" pan about 30 minutes at 350 degrees F., when cool cut into squares.

—Mrs. T. Tucker.

PICKLES & RELISHES

GREEN TOMATO OLIVES

Peel small green tomatoes and bring them to boiling point and boil for 2 minutes.

Make the following syrup:

2 cups vinegar	Mixed spices
3 cups brown sugar	

Boil syrup for 5 minutes.

Put the tomatoes in sterilized sealers and pour the hot syrup over them. Seal tightly.

—Grace Hackett.

GREEN TOMATO RELISH

Wash, cut out blossom ends and quarter 3 quarts green tomatoes.

Wash and break up 1 small cauliflower.

Peel and quarter 5 medium-sized cucumbers and 5 large onions.

Remove seeds from 3 medium-sized green peppers.

Put vegetables through a food chopper using a coarse blade.

Mix in $\frac{1}{4}$ cup pickling salt and let stand over night.

Next day stir in 1 cup cold water, and drain thoroughly.

Peel, core, chop very finely and add 3 large tart apples.

MIX IN—

	2 tablespoons celery seeds
	3 tablespoons mustard seeds
4 cups granulated sugar	1 teaspoon tumeric
4 cups white vinegar	$1\frac{1}{2}$ tablespoon pickling salt
$\frac{1}{2}$ teaspoon cayenne	

Heat to boiling point, stirring until the sugar dissolves. Boil gently, uncovered, stirring frequently, until thickened, about two hours. Fill into hot sterilized jars and seal. Label before storing. (Yields about seventeen 9-ounce jars.)

—Marion Doherty.

Compliments of
CORNER DRUGS

For your building requirements, we carry a full line of lumber and building supplies. For your hardware requirements you are invited to visit our new hardware department, where we carry a complete line of shelf and heavy hardware and a large selection of major appliances.

Imperial Lumber Co. Ltd.

15420 Stony Plain Road

Ph. 86826

FOR FINEST MATERIAL BUY IMPERIAL

WOOLWORTH CO. LTD.

GIFTS — NOVELTIES — NOTIONS

Everything for the Kitchen



TEGLER BLDG. — 101 STREET

"BILL DRIGHT" says

SEE

MUTTART'S

FOR

Beautiful VIKON TILE

The all metal color fast tile for kitchens and bathrms!



10930 - 84th Street

Phone 45111



SWEET MIXED PICKLE

- | | | | |
|---|-------------------|---|---------------------------------|
| 2 | small or | 4 | quarts cukes sliced thick (dill |
| 1 | large cauliflower | | size cukes are best) |
| | | 1 | pound silver skin onions |

Make brine of $2\frac{1}{2}$ quarts water, $1\frac{1}{2}$ cups salt. Pour over prepared pickles. Drain and heat brine every day for 3 days. On the fourth day, drain off brine, rinse pickles well, and put the following solution on: 1 gallon boiling water, 1 tablespoon alum. Leave on all night. On the fifth day drain pickles, rinse well, Make syrup as follows:

- | | | | |
|----------------|----------------------|---|-----------------------|
| $1\frac{1}{2}$ | quarts white vinegar | 1 | oz. mixed whole spice |
| 4 | lbs. white sugar | | Put spice in bag |
| 1 | oz. allspice berries | | |

Bring to boil and pour over pickles. Re-heat every day for 3 days. On the last day take out spice bag, place pickles in jars and pour the hot syrup over pickles. Seal.

—Mrs. Verna Claxton.

PEPPER RELISH

- | | | | |
|----|-------------------|---|------------------|
| 12 | green peppers | 2 | cups vinegar |
| 12 | red sweet peppers | 2 | cups white sugar |
| 6 | medium onions | 3 | tablespoons salt |

Wash peppers and remove seeds, peel onions. Put all through food chopper. Cover with boiling water and let stand for 30 minutes. Drain. Stir in vinegar, sugar and salt. Boil 15 minutes. Seal. This relish is very good used mixed with cheese for a sandwich filling, or use in meat sauces, al a king sauces, etc.

RHUBARB RELISH

- | | | | |
|----|--------------------------|----------------|-----------------------|
| 10 | cups of diced rhubarb | 2 | teaspoons of cinnamon |
| 1 | pint of cider vinegar | $1\frac{1}{2}$ | teaspoon of cloves |
| 8 | cups of granulated sugar | | |

METHOD—

Add vinegar to unpeeled rhubarb, then let it simmer until rhubarb is soft. Now add sugar and spices and simmer until it is the consistency of marmalade. If a tart preserve is desired, use less sugar. Store in sterilized glasses.

—Marjorie Cox.

FRUIT CHILI SAUCE

- | | | | |
|----|---------------------|---|------|
| 20 | large ripe tomatoes | } | Dice |
| 8 | pears | | |
| 8 | peaches | | |

ADD—

- | | | | |
|-----|---------------------------|---------------|---------------------------|
| 4 | cups white sugar | 2 | tablespoons salt |
| 1 | scant quart white vinegar | 1 | teaspoon cinnamon |
| | (diluted if too strong) | $\frac{1}{2}$ | teaspoon allspice |
| Put | through food chopper | 5 | tablespoons whole spices, |
| 6 | large onions | | tied in bag |
| 2 | red peppers | | |

Boil all together two hours. Seal.

DILL PICKLES

- | | |
|------------------------|-------------------|
| 3 cups white vinegar | 10 cups water |
| $\frac{3}{4}$ cup salt | 1 tablespoon alum |

Place washed cukes in quart jars—bring brine to boil and pour over cukes. Place dill at bottom, centre and top of jars. Add one clove of garlic to each jar or omit according to taste. The above liquid makes 6 quarts using approximately 8 dill size cukes to a jar.

Small whole carrots may be dilled in the same manner.

—Mrs. V. Claxton.

CUCUMBER PICKLE

- | | |
|-----------------------------------------|---------------------------|
| 4 quarts sliced cucumbers
(unpeeled) | 2 green peppers |
| 8 to 10 small onions, slices | 1 scant cup pickling salt |

Remove seeds from peppers and chop. Place all in stone jar, cover with water. Let stand overnight. In the morning drain. Then prepare syrup given.

SYRUP—

- | | |
|-------------------------|----------------------------------|
| 1 quart cider vinegar | 1 teaspoon tumeric powder |
| 4 cups granulated sugar | 2 tablespoons white mustard seed |
| 1 teaspoon celery seed | Mixed spices |

METHOD—

Blend ingredients, let mixture come to boil and add the cucumbers. Cook until tender, about 20 minutes. Pack in hot sterilized jars at once. Add 1 or 2 red peppers, chopped, if desired.

—Velma Owren.

MUSTARD MIXTURE FOR PICKLES

- | | |
|----------------------------------|--------------------------|
| 1 pint vinegar and | 1 tablespoon celery seed |
| $\frac{1}{2}$ pint water mixed | 1 tablespoon mustard |
| $1\frac{1}{2}$ pints brown sugar | $\frac{1}{2}$ cup flour |
| 1 tablespoon tumeric | |

Mix all together and pour over precooked waxed beans or over mixed pickles such as cauliflower, onions and cucumbers soaked overnight in salt water.

—Mrs. Jean Myers.

RELISH

- | | |
|--------------------------------------|----------------------------------|
| 4 quarts cabbage,
chopped fine | 8 teaspoons salt |
| 12 green tomatoes,
chopped fine | 2 quarts vinegar |
| 3 red peppers,
chopped fine | 12 medium onions (chopped) |
| $\frac{1}{2}$ tablespoon celery seed | 2 tablespoons white mustard seed |
| | $\frac{1}{2}$ tablespoon tumeric |
| | 2 lbs. brown sugar |

Boil all together for 30 minutes and pour into jars and seal. Makes 4 quarts.

—Mrs. J. McLean.

RHUBARB RELISH

- | | | | |
|---|----------------|---|-------------------|
| 2 | quarts rhubarb | 1 | tablespoon salt |
| 1 | quart onions | 1 | teaspoon cloves |
| 1 | pint vinegar | 1 | teaspoon cinnamon |
| 4 | cups sugar | 1 | teaspoon allspice |

Chop rhubarb, slice onions, add other ingredients in order and boil until desired thickness.

—Mrs. Mary Gillis.

NINE DAY PICKLES

Wash 4 quarts small cukes cut in slices. Put in stone jar. Add 1 cup salt dissolved in 2 quarts boiling water. Let stand 3 days. Drain and bring to boil again. Pour over cukes and let stand another 3 days. Drain. Over cukes pour 1 gallon boiling water in which 1 tablespoon alum has been dissolved. Let stand 6 hours. Drain off and pour syrup over cukes:

SYRUP (Put in cotton bag)—

- | | | | |
|---|----------------------|---|---------------------|
| 1 | oz. celery seed | 1 | oz. cinnamon sticks |
| 1 | oz. allspice berries | | |

Add this to 1½ quarts mild vinegar and 4 lbs. white sugar. Bring to boil and pour over cukes. Drain, bring to boil and pour over cukes each day for 3 days. Bottle.

—Irene Morrision.

CUCUMBER RELISH

- 7 large cukes 5 large onions

Put through meat chopper. Sprinkle with salt and let stand a few hours.

SAUCE—

- | | | | |
|---|------------------------|----|-----------------------|
| 2 | cups vinegar | 2 | cups water |
| 3 | cups white sugar | 1½ | cup Robin Hood flour |
| ¾ | teaspoon tumeric | 1 | teaspoon ginger |
| 1 | scant teaspoon mustard | | Few grains red pepper |

Boil together 5 minutes. Then add cukes and onions. Boil slowly for 1 hour.

—Irene Morrison.

UNCOOKED PICKLES

Chop fine—

- | | | | |
|---|--------------------|---|----------------|
| 9 | lbs. ripe tomatoes | 2 | lbs. celery |
| 7 | large onions | | Add 1 cup salt |

Mix and put in jelly bag and drain over night. Put in crock and add:

- | | | | |
|---|--------------|---|----------------------|
| 6 | cups sugar | 2 | red peppers cut fine |
| 2 | cups vinegar | 3 | oz. mustard seed |

Mix well and put into jars. Not necessary to be air tight.

—Mrs. B. L. Webster.

BEET PICKLES

Cook, peel and cut beets into pieces. Pack in jars.

Boil together equal quantities of sugar and vinegar and pour over beets. Add a clove to the top of each pint jar.

—Mrs. B. L. Webster.

DUTCH PICKLES

- | | |
|------------------------|-----------------------|
| 1 quart green cukes | 1 large cauliflower |
| 1 quart onions | 4 red peppers (small) |
| 1 quart green tomatoes | 1/2 cup salt |
| 1 small cabbage | |

Mince, cover with boiling water. Let stand 1/2 hour in covered dish. Drain. Pour boiling sauce over vegetables and bottle immediately.

SAUCE—

- | | |
|-----------------------------------------------------------------------------------------|---------------------------------------|
| 1 cup flour mixed with
a little cold vinegar | 4 tablespoons mustard
6 cups sugar |
| 1 teaspoon tumeric, mixed with a little vinegar. Add to 2 quarts mild vinegar and boil. | |

—Irene Morrison.

BREAD AND BUTTER PICKLES

4 quarts medium cucumbers (about 1 to 1 1/2" through). Slice in 1/4" slices. Add 6 tablespoons salt. Cover with cold water and stand over night. Drain and rinse well. Make sauce with:

- | | |
|----------------------------|----------------------------|
| 1 tablespoon celery seed | 4 cups granulated sugar |
| 2 tablespoons mustard seed | 1 1/2 quarts white vinegar |
| 1/2 teaspoon curry powder | |

Bring this to a boil and add sliced cucumbers. Heat 4 minutes, but do NOT allow to boil and stir while heating. Store in jars and seal.

—Mrs. W. F. Empey.

Soapone Products Limited



A. Ossendoth, President

12734 - 63 STREET

EDMONTON, ALBERTA

INDIAN SAUCE (PICKLES)

12	large ripe tomatoes or	1	teaspoon mustard
2	large cans of tomatoes	1/2	teaspoon black pepper
12	green apples	1/4	teaspoon cloves
9	onions	1/4	teaspoon cayenne
3	cups sugar	3/4	teaspoon cinnamon
1/4	cup salt	1	pint vinegar
1	teaspoon ginger		

METHOD—

Remove tomato skins. Chop onions and apples. Cook tomatoes and onions until soft. Add apples. Cook well. Add other ingredients. Boil well. Bottle.

—Irene Morrison.

CUCUMBER RELISH

7	large cucumbers, peeled	4	red peppers
5	large onions	4	green peppers

Put above through food chopper. Let stand two (2) hours; pour off liquid.

Make a paste of—

3	cups brown sugar	3	small teaspoons tumeric
1	cup water	1	teaspoon pulverized ginger
3	cups vinegar	1	teaspoon pepper
1/2	cup Robin Hood flour	2	teaspoons salt

METHOD—

Boil paste 5 minutes. Add cucumbers, onions and peppers. Boil 10 minutes. Pour into sterilized jars and seal.

—Nellie Roy.

PICKLE (MUSTARD)

3	quarts cucumber, peeled and sliced	2	bell peppers, cut up (ripe)
2	cups onions, sliced	1/4	cup salt

Mix together and let stand over night. Next morning drain off liquid and add—

1	cup water	1/2	tablespoon celery seed
3	cups vinegar	1/2	tablespoon tumeric
3	cups sugar	1/2	cup Robin Hood flour
1	tablespoon mustard seed	1	tablespoon whole cloves
1	tablespoon mustard, ground	1	stick whole cinnamon

Mix together and bring to a boil. Let stand over night. Next morning bring to a boil again and can.

—Miss Frances E. Matheson,
Calcutta, India.

Remodelling Your Kitchen?...



8029 - 104th ST.

EDMONTON

ALBERTA

Then call on us for

ideas and assistance

"IF YOUR CLOTHES ARE UNBECOMING TO YOU
THEY SHOULD BE COMING TO US"

Page

THE CLEANER AND FURRIER

CLOTHING
PH. 27280

FURNITURE & TOYS
PH. 26633

SHOES
PH. 26718

Jack and Jill

EVERYTHING FOR CHILDREN



10424-28 JASPER AVE.

EDMONTON, ALBERTA

JAMS & MARMALADES

OLD ENGLISH JAM

- | | |
|----------------------|--------------------------|
| 1 lb. dried apples | 2 lemons and grated rind |
| 1 lb. dried apricots | |

Soak dried fruit for 48 hours.

16 cups sugar

Cook $\frac{1}{2}$ hour until transparent. Add lemon when sugar is added.

—Mrs. L. M. Rice.

RHUBARB AND BANANA JAM

- | | |
|----------------|--------------------------|
| 2 lbs. rhubarb | Pound for pound of sugar |
| 2 bananas | |

Cook rhubarb and sugar until thick and add crushed bananas. Cook a few minutes and bottle. Cover with hot paraffin.

—Mrs. Mabel Hannan.

APRICOT AND RHUBARB JAM

- | | |
|-------------------------------|----------------------------|
| 4 cups apricots cut in pieces | 2 teaspoons lemon juice or |
| 3 cups rhubarb, diced | vinegar |
| $3\frac{1}{2}$ cups sugar | |

Combine fruits in preserving kettle. Heat and mash until rhubarb is soft and broken up. Add sugar and lemon juice or vinegar. Heat slowly until sugar is dissolved, then boil until thick—about 15 minutes. Stir constantly to prevent burning. Pour into hot sterilized sealers and seal immediately with hot paraffin. Yield: $2\frac{1}{2}$ pints.

GRAPE JAM

Take out the pulp and put skins in one dish and pulp in another. Let the pulp come to a boil, then put it through potato ricer. Combine pulp and skins. Add 1 cup of sugar to 1 cup of pulp and skins combined. Add 1 dozen apples, peeled and cut fine, put all together and boil 15 to 20 minutes.

—Mrs. Fred Clark.

SPICED RHUBARB

- | | |
|----------------------------|------------------------------------|
| 10 cups of diced rhubarb | 2 teaspoons of cinnamon |
| 1 pint of cider vinegar | $1\frac{1}{2}$ teaspoons of cloves |
| 8 cups of granulated sugar | |

Add vinegar to unpeeled rhubarb, then let it simmer until rhubarb is soft. Now add sugar and spices and simmer until it is the consistency of marmalade. If a tart preserve is desired, use less sugar. Store in sterilized glasses.

—Marjorie Cox.

Telephone
43894



ORIENTAL
RUGS
BROADLOOM
10135 Jasper Ave.
Edmonton

R. G. Rutherford

CALIFORNIA FRUIT

FRESH FRUIT — VEGETABLES — FULL LINE OF CANDY — CIGARETTES
BOXES OF CHOCOLATES — ICE CREAM — TOBACCO

10468 Whyte Avenue

COMPLIMENTS OF BANKS SHOE STORE

New Location—10311 Jasper Ave.

Edmonton

Alberta

CALDER DRUG STORE

W. N. McClellan (Druggist)

DAY 29843 — PHONE — NIGHT 81366

YOUR REXALL DRUG STORE

ALBERTA HOME IMPROVEMENTS

HOME BUILDING AND REPAIR

Cupboards a Specialty
For Free Estimate Call
C. R. BLACKWOOD

Ph. 780163

11827 - 106 St.

POWER-LONEY LIMITED

FINE FURNISHINGS FOR MEN

10060 JASPER AVENUE

Edmonton, Alberta

PHONE 22561

HEAVENLY MARMALADE

- | | | | |
|---|---------|---|---------|
| 7 | peaches | 2 | oranges |
| 7 | apples | 2 | lemons |
| 7 | pears | | |

Cut orange and lemon pulp and rind into small pieces and put in pan with $1\frac{1}{2}$ cups of water. Let stand over night. In morning cook lemon and orange pulp and rind for $\frac{1}{2}$ hour, then add to other fruit which has been cut into pieces. Add $\frac{3}{4}$ cup sugar to each cupful of fruit. Cook for approximately $\frac{1}{2}$ hour.

—Grace Hackett.

MARMALADE

- | | | | |
|---|------------------|---|--------------|
| 1 | large lemon | 1 | large orange |
| 1 | large grapefruit | | |

Cut fruit in strips with scissors and put 12 cups of water over it. Let stand overnight. In the morning boil until peel is tender. Add 10 cups of sugar and boil quickly until it jells.

—Marion Doherty.

MARROW BUTTER

- | | | | |
|---|--------------------|---------------|------------|
| 4 | cups mashed marrow | 4 | lemons |
| 4 | cups sugar | $\frac{1}{2}$ | lb. butter |

Cook until smooth, stirring frequently. Seal in sterilized jars.

—Mrs. Walter Tate.

RHUBARB CONSERVE

- | | | | |
|---|----------------------|---|-----------------------------|
| 2 | lbs. chopped rhubarb | 2 | oranges put through chopper |
| 3 | lbs. sugar | 2 | cups raisins |

Bring this to a boil and simmer until thick, then add $\frac{1}{2}$ lb. chopped walnuts. Simmer a little longer, then seal in hot, sterile jars.

—Mrs. Walter Tate.

RHUBARB JAM

- | | | | |
|----------------|------------------------|---|---------------|
| 4 | lbs. rhubarb cut small | 5 | small oranges |
| $4\frac{1}{2}$ | lbs. sugar | 1 | cup water |

Cut rhubarb, add pulp and juice of oranges. Put orange peel through chopper, and add the water and leave in separate dish overnight. In the morning, add the rind mixture to the rhubarb and boil one hour. Seal in hot, sterile jars.

—Mrs. Walter Tate.

BIRKS STERLING
"THE BEST VALUE IN CANADA"

BIRKS

JEWELLERS

SILVERSMITHS

MOCK FRUIT CAKE MIX

1 small or half a large vegetable marrow.

Cut marrow in cubes after peeling and removing seeds. Cover with water to which 1 cup mild vinegar has been added. Leave over night. Next morning drain well and rinse. Add $\frac{3}{4}$ cup white sugar to 1 cup of the marrow cubes. 1 lemon sliced, $\frac{1}{2}$ teaspoon whole cloves. Boil 15 minutes. Let stand over night but do not cover until cold. Boil for 7 to 10 minutes, depending upon the amount of syrup, each morning for three mornings. On the last day divide the cubes into three bowls. Color with red, green and yellow food coloring, and flavour to taste, e.g., red—almond, green—lime or lemon, yellow—pineapple, vanilla, etc. When using, use the same quantity as you would the regular bought fruit cake mix. Can also be used in cookies, etc. Very good.

STRAWBERRY JAM

1 quart berries

2 $\frac{1}{2}$ cups sugar

Pour boiling water on berries and stand for three minutes. Lift out of water, put one cup of sugar on berries and bring to boil, add 1 $\frac{1}{2}$ cups of sugar and boil ten minutes, pour into container and allow to cool overnight, then put in jars and seal.

—Mrs. Max W. Ball,
Washington, D.C.



E. G. Warham Jeweller

PHONE 21647

10025 JASPER AVENUE

EDMONTON, ALBERTA

MEAT & SUPPER DISHES

STEAK AND BEAN DISH

- | | | | |
|---|--------------------------------------|---|-------------------------|
| 1 | lb. ground steak,
fried in butter | 1 | bunch celery cut finely |
| 1 | onion | 1 | tin kidney beans |
| 1 | green pepper | 1 | tin tomato soup |
| | | 2 | teaspoons chili powder |

Mix together and bake in a moderate oven $\frac{3}{4}$ of an hour.

—Lil Fleming.

HAMBURGER AND MACARONI

- | | | | |
|---|----------------------------------------|---|--------------------------------|
| 2 | cups shell macaroni | 1 | lb. cheese cut in small pieces |
| 1 | lb. hamburger, | 1 | can corn |
| 4 | onions (fried together
until brown) | 1 | can tomatoes |

Mix together and bake 2 or 3 hours with lid on and $\frac{1}{2}$ hour with lid off in slow oven.

—Lil Fleming.


PORK CHOP DINNER

- | | | | |
|---|---------------------------------------------------|---|---------------------------|
| 4 | tablespoons domestic
shortening | 4 | rings green pepper |
| 4 | pork chops, 1 inch thick | 4 | tablespoons uncooked rice |
| 4 | slices Bermuda onion,
$\frac{1}{4}$ inch thick | 3 | cups canned tomatoes |
| | | 1 | cup diced celery |
| | | | Salt and pepper |

Heat shortening in skillet. Brown chops well on both sides (about 15 minutes). Place 1 slice of onion on each chop and 1 pepper ring on each onion slice. Place 1 tablespoon rice in each pepper ring. Salt and pepper to taste. Pour tomatoes around meat, and celery. Place tight cover on skillet and simmer 1 hour.

—Mrs. W. McLaren.

Burns
WIENERS AND BEANS 
The Children Go for Them

Burns
MEAT BALLS 
Another 6-Minute Meal

CARLETON BROS.

Jewellers

10560 - 82nd Ave.

Phone 33121

Diamonds
Watches
Fine China
Silverware

Repairs to anything in the Jewellery line

"SATISFACTION GUARANTEED"

GRAND HOTEL

"Proven Best by Guest Test"



TELEPHONE 24196

10266 - 103rd St.

Edmonton

PHONE: OFFICE 27254 ● RES. 72785

R. H. Rae & Sons Ltd.

General Contractors



10650 - 101st Street

Edmonton, Alberta

CHEESE AND SPINACH SOUFFLE

2	tablespoons butter	$\frac{1}{2}$	cup milk
1	heaping tablespoon	$\frac{1}{2}$	teaspoon salt
	Robin Hood flour		Cayenne

1 cup grated cheese or less and as much spinach as you wish.

Cook sauce and add cheese and spinach.

Add yolks of 2 or 3 eggs as you take above from stove. Beat smooth and add stiff whites of eggs. Fold in. Butter casserole and bake 25 to 35 minutes. Serve at once.

—Mrs. A. D. Richard.

BEEF SCRAMBLE WITH RICE

2	tablespoons butter	1	teaspoon salt
1	cup thinly sliced onions		Dash of pepper
$\frac{2}{3}$	cup thin strips	1	teaspoon Worcestershire
	green pepper	$1\frac{1}{2}$	teaspoon cider vinegar
1	lb. lean ground beef	$\frac{1}{4}$	cup grated cheese
1	cup tomato sauce		

Melt fat in skillet, over low heat. Add onion and green pepper and stir with fork, breaking up onion rings. Cook over low heat 10 minutes. Add chopped beef, mash with fork to break up and cook only until red color disappears. Add tomato, salt, pepper, etc. Simmer gently 10 minutes, stirring a few times. Serve with rice.

—Mrs. A. D. Richard.

MUSHROOM—STUFFED MEAT LOAF

Serves 8

$\frac{1}{4}$	cup butter or margarine	$\frac{1}{4}$	teaspoon thyme
1	lb. mushrooms, sliced	$\frac{1}{4}$	cup minced parsley
	and leave 7 whole	2	eggs
1	teaspoon lemon juice	3	lbs. hamburger
1	medium onion, minced	$\frac{1}{4}$	cup milk
4	cups soft bread crumbs		Salt and pepper
1	teaspoon salt	$1\frac{1}{2}$	teaspoon dry mustard
$\frac{1}{8}$	teaspoon pepper	$\frac{1}{3}$	cup catsup

Early in day: For stuffing, sauté in butter all but 7 small mushrooms, with lemon juice and onion 3 minutes. Toss in bread and next 4 ingredients. Beat eggs with fork and lightly mix in hamburger, then next five ingredients. Pack half of hamburger, into 10" x 5" x 3" loaf pan. Pack stuffing on top, then rest of hamburger. Press 7 mushrooms into top. When ready to bake heat oven to 400 degrees F. Bake 1 hour and 10 minutes. Brush top with heated currant jelly, if desired.

—Mrs. B. Busby.

TUNA FISH LOAF

Make an ordinary white sauce with:

- | | | |
|---|-----------------------------|---------------|
| 1 | tablespoon Robin Hood flour | Pinch of salt |
| | | 1½ cups milk |
| 1 | tablespoon butter | |

Then add—1 tin mushroom soup, and mix with 1 tin tuna fish, and ½ package potato chips. Mix well. Now put in casserole, sprinkle with balance of package of potato chips crushed. Bake in moderate oven for ¾ hour.

—Mrs. W. F. Davis.

CORN FRITTERS

- | | | |
|---|----------------------------------|------------------------------------|
| 1 | 20 oz can cream style corn | 1½ cups Robin Hood flour |
| 1 | small onion, grated | 3 level teaspoons baking powder |
| 2 | eggs, beaten | |
| ½ | cup and about 3 tablespoons milk | ¾ teaspoon salt and dash of pepper |

Sift dry ingredients together and combine. For small fritters use 1 good tablespoon of batter.

—Mrs. A. A. Wournell.

JELLIED TUNA

Let chill—

- | | | | |
|---|--------------------|---|---------------------|
| 1 | packet lemon jello | 2 | tablespoons vinegar |
| 1 | cup boiling water | ½ | teaspoon salt |
| 1 | cup cold water | | |

Then add—

- | | | | |
|---|--------------------------|---|---------------------|
| 1 | cup tuna fish, flaked | 2 | tablespoons pimento |
| 1 | cup diced celery or peas | ½ | cup mayonnaise |

—Jean Ross.

FRANKFURTER SCALLOP

- | | | | |
|---|-------------------------|---|---------------------------|
| 2 | medium sized onions | 1 | teaspoon granulated sugar |
| 6 | frankfurters | ½ | teaspoon salt |
| ½ | cup diced celery | | Few grains pepper |
| 3 | cups diced raw potatoes | 1 | can tomato soup |
| ½ | teaspoon dry mustard | 1 | cup water |

Peel onions, slice thin and separate into rings. Cut frankfurters in ½ inch pieces. Turn prepared onions, frankfurters, celery and potatoes into greased baking dish and combine well. Combine other ingredients into a saucepan, heat just to boiling point. Pour sauce over all. Add a bit more water to have sauce almost covering vegetables, if necessary. Bake in moderate oven 350 degrees F. until vegetables are tender. Cover for first ½ hour of baking.

TUNA FISH CASSEROLE

1½-pound can tuna fish flaked and placed in bottom of buttered baking dish. Slice potatoes on top. Add 1 can cream of mushroom soup diluted with enough water to cover potatoes. Season to taste. Sprinkle crushed soda biscuits on top with a sprinkling of grated cheese.

CHEESE FONDUE

- | | |
|---------------------------------|----------------------------|
| 1½ cups milk | ¼ teaspoon salt |
| 1½ cups soft stale bread crumbs | 1 tablespoon melted butter |
| 1½ cups grated cheese | Dash Worcestershire sauce |
| ¼ teaspoon dry mustard | Whites of 2 eggs |
| Yolks of 2 eggs | |

Soak bread crumbs in milk for a few minutes and add cheese and beaten egg yolks. Season and add melted butter. Fold in stiffly beaten egg whites. Pour into buttered baking dish and bake in a moderate oven 350 degrees F. about 30 minutes or until a silver knife inserted comes out clean.

½ lb. can salmon may be substituted for the cheese for variety.

WELSH RAREBIT

- | | |
|---------------------------|--------------------|
| 1 tablespoon butter | ¼ teaspoon salt |
| 1 tbsps. Robin Hood flour | ¼ teaspoon mustard |
| 1 cup milk or thin cream | Few grains cayenne |
| 2 cups grated cheese | 1 egg |

Make a sauce of butter, flour and milk. Add grated cheese and seasonings. Pour some of hot sauce over beaten egg. Return to double boiler and cook a minute or two. Serve on hot buttered toast, or bread cups that have been toasted in the oven. To make bread cups cut bread 2 inches thick. Remove crusts; scoop out centres after cutting slices in four. Spread with butter and toast in moderate oven until delicately browned.

MACARONI AND CHEESE

- | | |
|------------------------------|---------------------------|
| 1 cup macaroni or Creamettes | 4 tbsps. Robin Hood flour |
| 2 quarts water | 2 cups milk |
| 2 teaspoons salt | ¼ teaspoon salt |
| 3 tablespoons butter | Pepper |
| | 1 cup grated cheese |

Add salt to water. Put over heat and when boiling rapidly, drop in the macaroni, or Creamettes. Boil rapidly until tender; drain through a sieve. Pour cold water over macaroni to prevent it sticking together. Grease baking dish, put alternate layers macaroni, flour, seasonings and cheese. Continue until macaroni all used, ending with sprinkling of cheese on top. Dot butter on top. Cover with the milk and sprinkle soda cracker crumbs on top. Bake in moderate oven (350 degrees F.), until done, about 1 hour.

SCALLOPED PORK CHOPS

Brown on both sides 5 or 6 pork chops. Lift from pan and place in baking dish and slice over them one peeled apple. Add to frying pan 3 tablespoons Robin Hood flour, salt, pepper. Mix well. Add gradually 1½ cup cold water. Bring to a boil and add 1 teaspoon celery seed and ¼ cup washed seedless raisins. Pour over chops and bake covered 35 minutes at 350 degrees F.

—Mrs. E. N. Griggs.

SLOANE'S DRUG

W. H. HOLLINGSWORTH — DRUGGIST

95th St. at 111th Ave.

Phone 71032

10418A JASPER AVE.
PHONE 21744

TOWER BUILDING
PHONE 26595

ADAMS' RADIO SERVICE

Calgary

—

Banff

—

Edmonton

—

Wetaskiwin

RADIO'S ●

HOME OF G.E. APPLIANCES

REFRIGERATORS ●

VACUUM CLEANERS

WASHING MACHINES

Compliments of

H. H. COOPER LIMITED

Compliments . . .

MAUND PAINT & VARNISH CO. LTD.

The Store with the Satin-Glo Sign

10335 Jasper Ave., Edmonton

PHONE 21107

PHONE 24924

EDMONTON

10131 - 102 St.

IMPERIAL MEAT MARKET

Specializing in
Choice Fresh Meats and Poultry
Fruits and Vegetables

T. H. MORGAN LIMITED

Fine Art Dealers — Art Supplies

10355 Jasper Ave.

PHONE 24858

Edmonton, Alta.

SHIPWRECK

Grease a large casserole. Into it place layers as follows:

- | | |
|----------------------------------|----------------------------------------|
| 3 medium potatoes sliced | 1 cup chopped celery |
| 1 medium onion sliced | $\frac{1}{2}$ cup sliced carrots |
| $1\frac{1}{2}$ lbs. minced steak | $\frac{1}{2}$ cup washed uncooked rice |

Season each layer with salt, pepper, paprika. Mix 1 can tomato soup with 1 can water and pour over meat and vegetables. Cover and cook in a moderate oven for two hours.

Mrs. P. A. Stewart.

CHICKEN IN SOUR CREAM

- | | |
|---------------------------------------------------------------------|---------------------------------------------------------|
| 1 whole chicken—either
fryer or boiling fowl
Bay leaf
Salt | Pepper
Green pepper
Pimento
Pint of sour cream |
|---------------------------------------------------------------------|---------------------------------------------------------|

Joint the chicken and skin. Place in dutch oven with 2 tablespoons salad oil or butter or margarine, bay leaf and any other herbs you may desire. Season with salt and pepper. Cover and cook over low heat until chicken is tender. Add green pepper, pimento and sour cream. A few mushrooms cut small may also be added. Cook over slow heat and simmer for 25 minutes.

—Rene Gregg.

OATMEAL MEAT LOAF

- | | |
|-----------------------------------------|---------------------------|
| $1\frac{1}{4}$ pounds ground beef | Pepper |
| $\frac{1}{4}$ pound ground pork | 1 teaspoon dry mustard |
| $\frac{1}{4}$ cup finely chopped onions | $\frac{1}{4}$ cup ketchup |
| 1 cup uncooked oatmeal | 1 well beaten egg |
| Salt | 1 cup water |

Mix thoroughly and pack in well greased loaf pan. Bake for 1 hour at 375 degrees F.

—Elva Young.

SWEET AND SOUR SPARE RIBS

- | | |
|-------------------------------------------------------|-----------------------------------------|
| $1\frac{1}{2}$ lbs. spareribs cut in
1 inch pieces | 3 tablespoons sugar (brown
or white) |
| 3 tablespoons soy sauce | $\frac{1}{4}$ cup vinegar |
| 2 tablespoons corn starch | 1 cup cold water |

Cook spareribs in a skillet until a delicate brown. Combine all other ingredients, and cook for approximately 10 minutes, or until the sauce is smooth. Add the spareribs, which have been drained free from fat, to sauce and cook for 10 or 15 minutes. Serves 4.

—Grace Hackett.

Gainer's Kettle Rendered Lard Makes

Lighter Pastry

GAINER'S LIMITED

“Food . . . *Is Our Business*”



We take pleasure in congratulating the ladies of McDougall United Church on the fine job which they have done in compiling this "Home recipe" cook book.

May we wish homemakers every success and pleasure when trying these kitchen proven recipes.



THOMPSONS' FOOD MARKETS

KING EDWARD PARK • BONNIE DOON • STRATHEARN

PINEAPPLE—BURGERS

- | | | | |
|---|-----------------------|-----|--------------------------|
| 1 | mashed clove garlic | 1/4 | teaspoon pepper |
| 3 | tablespoons salad oil | 1 | lb. hamburger meat |
| 3 | tablespoons soy sauce | | Salt and onion |
| 2 | tablespoons catsup | 4 | drained pineapple slices |
| 1 | tablespoon vinegar | | |

Combine first 6 ingredients. Let 4 thick meat patties stand in this sauce 30 minutes, turning often. Oven broil on one side, meanwhile letting pineapple stand in same sauce. When turning patties add pineapple. Complete broiling. Serve patties on pineapple.

—Mrs. B. Busby.

STEAMED SALMON LOAF

- | | | | |
|---|-----------------------------|---|--------------------|
| 1 | tall can of salmon | 1 | cup milk |
| 1 | cup cracker or bread crumbs | 4 | tablespoons butter |
| | | 2 | eggs |

Heat milk and crumbs. Add butter, then beaten eggs. Stir into salmon, which has been flaked, add salt and pepper to taste. Steam, in buttered dish (loaf pan), for 1 hour.

—Mrs. W. N. McClellan.

PORK CHOP CASSEROLE

Place the required number of pork chops in a casserole. Season each with salt and pepper and on each place a slice of onion and a tablespoon of uncooked rice. Pour a can of tomato soup over the prepared chops. Bake covered in a 325 degree F. oven for 1 1/2 hours.

—Nellie Roy.

MEAT LOAF

- | | | | |
|----------------------|-----------------------|-----|-------------------------|
| 1 | pound ground beef | 1 | can tomato soup |
| Dressing as follows— | | | |
| 1/2 | cup diced apples | 1/2 | cup chopped celery |
| 1 | large onion, diced | 2 | cups fresh bread crumbs |
| 2 | tablespoons bacon fat | | Salt and pepper |
| Poultry dressing | | | |

Place half of meat in bottom of oiled casserole. On top of this place dressing, then other half of meat. Pour tomato soup over all and bake 45 minutes to 1 hour at 350 degrees F.

—Velma Owren.

MEAT BALLS IN MUSHROOM SAUCE

- | | | | |
|-------|-------------------|-----|-----------------------|
| 2 | medium potatoes | 1/2 | medium onion |
| 1 | pound ground beef | 2 | eggs |
| 1 1/2 | teaspoons salt | 2 | tablespoons drippings |
| 1 | can mushroom soup | 1 | cup water |

Pare potatoes and grind with onion in food chopper. Mix with meat, eggs, and salt. Drop from a tablespoon in hot drippings and brown on all sides. Place in a casserole. Blend soup and water and pour over meat balls. Bake uncovered in a moderate oven 375 degrees F. for 30 minutes.

—Laura Haynes.

SWEET AND SOUR SPARERIBS

(For 6)

- | | | | |
|---|-----------------------------------------------|---|--------------------------|
| 2 | lbs. lean spareribs,
cut in 1½ inch pieces | 1 | cup vinegar |
| 2 | cups brown sugar | 2 | tbspns. Robin Hood flour |

Mix all ingredients together and bring to a boil. Put in oven to simmer for 20 to 30 minutes. Can be made with chicken wings instead of spareribs.

—Vella Strand.

CHOW MEIN (For 6)

- | | | | |
|---|-----------------------------------|---|---------------------------------|
| 1 | package fried noodles | 4 | oz. of mushrooms, if
desired |
| 1 | cup diced meat (raw or
cooked) | ½ | lb. or 1 cup bean sprouts |
| 1 | cup diced celery | 1 | cup shredded cabbage |
| 1 | cup sliced onions | 2 | tablespoons corn starch |
| 1 | can chicken soup | 4 | tablespoons soy sauce |
| | | 1 | fried scrambled egg, shredded |

Brown meat, add celery, onions, cabbage and chicken broth and cover, cook until tender. Add bean sprouts and mushrooms. Bring to a boil. Add most of noodles.

Mix corn starch and soy sauce, add to hot mixture. Let simmer 2 to 3 minutes. Arrange on platter and garnish with remaining noodles and scrambled egg.

—Vella Strand.

PORCUPINES (Meat)

- | | | | |
|---|--------------------------|---|---------------------------|
| 1 | lb. ground beef | 1 | chopped onion |
| ½ | cup uncooked rice | | Dash Worcestershire sauce |
| | Salt and pepper to taste | 1 | teaspoon prepared mustard |
| | Tomato juice | | (Above two optional) |

Mix together in mixing bowl. Form into balls, place in greased baking dish, and cover with tomato juice. Cook covered at 350 degrees F. for 1 hour to 1½ hours.

CHICKEN OR MEAT PIE

Stew chicken or meat in plenty of water, gently.

Remove most of the bones and pour over the chicken, this gravy:

- | | | | |
|---|---------------------------|---|--------------------------|
| 3 | tablespoons melted butter | 3 | tbspns. Robin Hood flour |
|---|---------------------------|---|--------------------------|

Mix well and add five cups of warm broth and 1 cup cream or milk.

Pour over the chicken and cover with this batter:

- | | | | |
|---|----------------------------------|---|------------------------|
| 2 | cups Robin Hood flour | 2 | tablespoons shortening |
| 3 | scant teaspoons baking
powder | 1 | well beaten egg |
| ½ | teaspoon salt | 1 | cup milk |

Bake pie in hot oven until brown.

LIMAS LOUISIANA

- | | | | |
|---|------------------------------------|-----|--------------------------------------|
| 2 | cups of cooked dried
lima beans | 2 | tablespoons shredded
green pepper |
| 1 | pkg. small pork sausages | 1/4 | teaspoon poultry seasoning |
| 2 | tablespoons chopped onion | 1 | tablespoon butter |
| | | 1 | cup milk |

Parboil sausages 5 minutes. Combine Limas, sausages, seasonings and milk. Bake in moderate oven 25 minutes.

—Mrs. A. D. Richard.

MOCK CROWN ROAST

Line greased casserole with spare ribs and fill with the following dressing:

- | | | | |
|-----|----------------------|---|--------------------------|
| 1/2 | cup rice (cooked) | 1 | onion (chopped) |
| 1 | cup dry bread crumbs | | Sage |
| 2 | or 3 carrots, grated | | Pepper and salt to taste |

Cook in slow oven 2 to 3 hours.

—Mary Cooper.

CRANBERRY HAM LOAF

- | | | | |
|-----|------------------------|-----|-------------------------------------|
| 1 | cup fresh bread crumbs | 1 | lb. ground smoked ham,
shank end |
| 2 | eggs | | |
| 3/4 | cup milk | 1 | lb. ground pork shoulder |
| 1 | teaspoon salt | 1 | cup thick cranberry sauce |
| 1/8 | teaspoon pepper | 1/4 | teaspoon powdered cloves |

Prepare bread crumbs, add eggs and milk, well beaten, let stand for awhile. Add rest of ingredients, except sauce and cloves. Mix thoroughly, shape into an oval loaf, put in a shallow baking pan. Spread with sauce to which has been added the cloves. Start oven at 400 degrees F., lowering to 350 degrees F. in 15 minutes. Bake for 1 hour. Serves 8.

JELLIED SALMON

- | | | | |
|-------|----------------------|-------|----------------------------|
| 1 | tall tin pink salmon | 1 1/2 | tablespoon butter |
| 1/2 | tablespoon sugar | 3/4 | cup milk |
| 1/2 | teaspoon salt | 1/4 | cup vinegar |
| 1 1/2 | teaspoon mustard | 3 | egg yolks, or 2 small eggs |

Mix together and cook until thick in double boiler. Soak 1 tablespoon gelatine in 1/2 cup cold water. Add to salmon and pour into loaf mould.

Serve with cucumber sauce made as follows:

1 cup whipped cream, add 3 tablespoons lemon juice and 1 cucumber cubed and salt. Or serve with mayonnaise.

Serve with cheese rolls toasted.

—Mrs. E. N. Griggs.

"Sales and GOOD Service"

THE J. E. NIX COMPANY

Marine and Farm Engines — Refrigerators — Generators — Motors — Radios
Washing Machine Parts

10030 - 109th Street

Edmonton, Alberta

Dry Up and Pep Up YOUR BASEMENT!
with **BONDEX** CEMENT PAINT

J. A. WERNER HARDWARE CO.

Est. 1906

10139 - 99 STREET



MARKET SQUARE

VALVES, FITTINGS AND
FABRICATED PIPING

CRANE
LIMITED

PLUMBING AND
HEATING MATERIAL

11925 Kingsway — Edmonton

HAMILTON'S BAKERY

Edmonton, Alberta

10550 Jasper Ave.

Phone 21853

BREAD — CAKES — PASTRIES

BOND'S SEEDS

FIELD AND GARDEN SEEDS — BULBS — CANARY AND DOG SUPPLIES

10185 - 100A Street, EDMONTON, Alberta

PHONE 24572

"MARINO'S"

GROCERIES

MEATS

FREE DELIVERY

82 AVE. and 75 ST.

TEL. 32493

CHEESE SOUFFLE

- | | |
|--------------------------|---------------------------|
| 5 slices buttered bread | 2 cups milk |
| 3 eggs | 1 tablespoon butter |
| 1 cup cheese | 1 tablespoon grated onion |
| Salt, pepper and paprika | |

Cube bread, put in casserole, add grated cheese and onion. Mix eggs with milk and seasoning as for custard and pour over bread. Let stand one hour. Pour melted butter over top. Sprinkle with paprika. Bake 40 to 60 minutes at 375 degrees F.

—Mrs. E. N. Griggs.

SPANISH RICE

- | | |
|-----------------------|------------------------------|
| 1 28-oz. can tomatoes | 1 green pepper chopped (or |
| 1 cup grated cheese | 4 tablespoons pepper relish) |
| 2 onions chopped fine | $\frac{2}{3}$ cup raw rice |
| | Salt and pepper |

Combine all ingredients. Bake in moderate oven 350 degrees F. for one hour. At half baking time arrange a layer of bacon on top and return to oven to finish baking.

TUNA MOUSSE

- | | |
|------------------------|------------------------------|
| 1 can mushroom soup | Juice of 1 lemon |
| 1 tablespoon gelatin | Salt and pepper to taste |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup cold water |
| 1 can tuna, 7 oz. | |

Soften gelatin in cold water. Heat soup slightly, gradually add milk, tuna, seasonings, mix well. Then add gelatin. Pour into individual moulds and chill. Serve with salad dressing on lettuce. Garnish with tomato slices and pickle.

—Mary Cooper.

ROAST BEEF TIMETABLE

If roast weighs	And you like your meat	Oven Temperature 325°F.			
		Standing rib		Boned and rolled	
		Hrs.,	Mins.	Hrs.,	Mins.
5-6 pounds	Rare	1	50	2	45
	Medium	2	20	3	15
	Well done	2	45	3	40
7-8 pounds	Rare	2	15	3	30
	Medium	2	45	4	00
	Well done	3	25	4	40

If you use a meat thermometer, roast either standing-rib or boned-and-rolled roasts to 140°F. for rare, 160°F. for medium, 170°F. for well done, regardless of weight of meat.

HOW TO MAKE BROWN GRAVY

(Makes About 2 Cups Gravy)

Place roast on heated platter; keep hot while making gravy. Pour fat from roasting pan into measuring cup, leaving brown drippings in pan. Return $\frac{1}{4}$ cup fat to roasting pan with drippings; blend in 4 tbsps. Robin Hood flour until no lumps remain. Place pan over low heat; stir, scraping bottom of pan, until fat-flour mixture is a rich brown. Remove from heat; gradually stir in 2 cups water. Cook over medium heat, stirring constantly and blending in any cooked-on juices on bottom and sides of pan, until gravy thickens and boils 1 minute. Season to taste with salt and pepper. Add a few drops of gravy flavouring to make it darker brown, if you wish.

SHEPHERD'S PIE

Cover bottom of small, greased baking dish with thick layer of cooked roast beef ground with some raw onion (seasoned with salt and pepper) and moistened with gravy; cover with a thin layer of mashed potato and top with a pie crust (make several incisions in the crust). Brush pasrty with a little milk to glaze it or dot with butter. Bake in hot oven, 425 degrees F., until pie crust is brown.

—Lois Larue.

OYSTER STEW

1 pint oysters

Salt, pepper and butter

1 quart superior milk

Place milk in pan to heat. Melt butter in frying pan and add oysters and liquid and let simmer slowly until edges ruffle. Then add oysters to hot milk and heat to boiling point only, stirring occassionally. Add small lump of butter, salt and pepper. Serve with dash of paprika. Serves six.

—Mrs. Rice.

DELNOR

Foremost in Frozen Foods

CORN OYSTERS

- | | | | |
|-----|----------------------|---|------------------|
| 1 | can corn | 2 | eggs well beaten |
| 1/2 | cup Robin Hood flour | | Salt and pepper |

Drop by spoonfuls onto hot, greased griddle as for pancakes.

SWISS STEAK

- | | | | |
|-----|-------------------------------------------------------|-----|----------------------------|
| 2 | lbs. steak, cut in 2 1/2-inch thick pieces from round | 1/2 | green pepper, chopped fine |
| 1/2 | cup Robin Hood flour | 2 | cups boiling water or |
| 2 | tablespoons butter | 1 | cup water, and |
| | Few slices onion | 1 | cup strained tomatoes |
| | Salt and pepper | | |

Season the flour with salt and pepper and pound it into the meat with wooden potato-masher, or else the edge of a heavy plate. Heat the butter and brown the meat in it. Add the onions, green pepper, boiling water and tomato. Cover closely. Simmer 2 hours. This may be cooked in casserole in the oven. It would then be braised. Other vegetables may be added if desired.

BACON AND LIVER LOAF

- | | | | |
|---|---------------------------|-------|------------------|
| 4 | cups bread crumbs | | Juice of 1 lemon |
| 8 | tablespoons tomato catsup | 1 1/2 | lbs. beef liver |
| 1 | cup fresh beef (chopped) | 12 | strips bacon |
| 2 | tablespoons onion juice | | Salt and pepper |
| 2 | eggs, well beaten | | |

Cut beef liver in slices and cook in salted boiling water for 5 minutes. Drain and chop finely. Mix ingredients together and turn into loaf pan, and lay strips of bacon on top. Bake in moderate oven, 350 degrees, for 1 hour.

BROWN CLEANERS & DYE WORKS LTD.

"THE QUALITY CLEANER"

PHONE 24128

10017 - 109 STREET

EDMONTON

THE ALLEN STUDIO

(Portraits by ORVAL & BARBARA ALLEN)

10443A Whyte Ave. (Downstairs)

PHOTO FINISHING

PHOTO SUPPLIES

Phone 33469

"A FULL COURSE MEAL OR A SANDWICH"

GARNEAU THEATRE COFFEE SHOP

GARNEAU THEATRE BUILDING

Community Hardware & Appliances

TELEPHONE 84582

12422 - 118th Avenue

Edmonton, Alberta

STYLEMASTER APPAREL LIMITED

Ladies' and Men's

QUALITY SPORTSWEAR MANUFACTURERS

10845 - 82 AVE.

EDMONTON, ALBERTA

PHONE 34987

BLANCHETT DECORATORS

EDMONTON, ALBERTA

PHONE 41011 — FREE ESTIMATES

Sally Shops

TWO STORES TO SERVE YOU

10167 - 101 St.

10162 - 101 St.

SALADS

JELLO VEGETABLE SALAD

- | | | | |
|---------------|---------------------|---------------|-------------------------------|
| 1 | pkg. lemon Jello | $\frac{3}{4}$ | cup chopped cooked carrots |
| 2 | cups boiling water | | or shredded raw carrots |
| 2 | tablespoons vinegar | 1 | cup finely shredded raw |
| $\frac{1}{2}$ | teaspoon salt | | cabbage |
| | Dash cayenne pepper | 4 | tablespoons finely cut celery |

Dissolve Jello in boiling water, add all other ingredients and chill before putting in vegetables.

JELLIED TOMATO SALAD

- | | | | |
|---------------|-----------------------|---|-----------------|
| 1 | pkg. lemon Jello | 1 | cup hot water |
| $\frac{1}{2}$ | cup grated cheese | 1 | can tomato soup |
| 1 | cup chopped celery | 1 | onion grated |
| $\frac{1}{4}$ | cup almonds (chopped) | 1 | green pepper |

Dissolve Jello in 1 cup of hot water; add $\frac{1}{2}$ cup grated cheese. Add tomato soup and let cool. When cool but not set add remaining ingredients. Pour into individual moulds or ring mould. Serve on lettuce with Miracle Whip.

—Mrs. E. N. Griggs.

PINEAPPLE-COTTAGE CHEESE SALAD

- | | | | |
|---|-----------------------|---------------|------------------------------|
| 1 | pkg. orange Jello | 1 | 15-oz. tin crushed pineapple |
| 1 | cup hot water | $\frac{1}{2}$ | lb. cottage cheese |
| | Pineapple syrup plus | $\frac{1}{2}$ | cup cream, whipped |
| | water to make one cup | | |

MEHOD—

Dissolve Jello in hot water. Add pineapple syrup plus water. Allow to partially set then add pineapple and cottage cheese. Fold in whipped cream. (Carnation Milk, chilled overnight in Frig. may be used in place of cream.)

—Nellie Roy.

TOMORROW'S SALAD

- | | | | |
|---------------|--------------|---------------|--------------------|
| 2 | eggs | $\frac{1}{4}$ | cup of vinegar |
| $\frac{1}{4}$ | cup of sugar | 2 | tablespoons butter |

Beat eggs, add sugar and vinegar; cook in double boiler until smooth. Stir in butter and set aside to cool.

- | | | | |
|---|----------------------|---------------|------------------------|
| 2 | cups of marshmallows | 1 | orange |
| 2 | cups of fruit salad | $\frac{1}{4}$ | cup of cherries |
| 2 | cups of pineapple | 1 | cup of cream (whipped) |

Cut up marshmallows and fruits and drain the fruits well, add to the egg mixture and fold in the cup of whipped cream. Put in the Frig. to chill for 24 hours and serve on lettuce.

APRICOT WALDORF SALAD

- | | |
|----------------------------------|------------------------------------------|
| 2 cups diced raw apple | $\frac{2}{3}$ cup drained canned apricot |
| 1 cup finely-cut celery | slices |
| $\frac{1}{2}$ cup broken walnuts | Thick salad dressing |
| | Crisp lettuce |

To the apple, add celery, walnuts and apricots. Fold ingredients together lightly with thick salad dressing to moisten suitably. (If desired, whipped cream may be folded into the thick dressing for this salad.) Pile lightly in beds of crisp lettuce and serve very cold, with garnish of additional walnuts or apricot slices.

SALAD DELIGHT

$\frac{1}{2}$ lb. Graham wafer crumbs. Put half in bottom of 12 x 8 inch pan. Cream $\frac{1}{2}$ cup butter, add $\frac{3}{4}$ cup icing sugar, beat in two eggs one at a time and spread this mixture over crumbs.

FILLING—

Whip $\frac{1}{2}$ pint cream, add 1 cup drained crushed pineapple, $\frac{1}{4}$ teaspoon almond flavouring, $\frac{1}{4}$ cup cut marachino cherries, $\frac{1}{4}$ lb. pecans. Pour this over first mixture. Sprinkle rest of crumbs over this and let stand for 24 hours in Frig. before serving.

TUNA FISH SALAD

- | | |
|-----------------------------------|----------------------------------|
| 1 pkg. lemon Jello | $\frac{1}{2}$ cup diced celery |
| $1\frac{3}{4}$ cups boiling water | $\frac{1}{2}$ cup diced cucumber |
| 2 teaspoons vinegar | $\frac{1}{2}$ cup salad dressing |
| 1 teaspoon salt | $\frac{1}{2}$ cup whipped cream |
| 1 cup flaked tuna fish | |

Dissolve Jello in boiling water, add vinegar and salt. Let partly set—beat until light, fold in tuna fish, celery and cucumber, salad dressing and the whipped cream. Pour into large or individual molds. Serve on lettuce with favourite dressing.

CHRISTMAS SALAD

Prepare either your favorite fruit or vegetable salad with Jello powder as a lime flavoured base and fill cone shaped drinking cups with either mixture. For the fruit mixture place on bed of shredded lettuce, sprinkle with coconut to resemble snow, and place whipping cream around the base of the Jello. Serve at once. For the vegetable salad turn out on lettuce leaf, sprinkle finely grated lettuce or cabbage to resemble snow with some vegetables, the coconut may be used. Use mayonnaise around the base of the salad.

HEALTH SALAD

Toss one cup grated carrot with $\frac{1}{2}$ cup washed sultana raisins, $\frac{1}{4}$ cup coconut, sprinkle of salt. Serve on lettuce leaf topped with salad dressing to own taste.

SPECIAL EASTER SALADS

Prepare your favourite vegetable salad using Jello powder as a base (several colours may be used). Place by teaspoons into washed out egg shells. When using the eggs just take enough of the shell off the top to allow the yolk to come out. When ready to serve dip the eggs shells into hot water and peel off the shell. Place the salads, flat ends down on a bed of lettuce, and garnish with olives or other pickle.

JELLO CREAM CHEESE SALAD

- | | | | |
|---|-----------------------------------|---|--------------------------------------------|
| 1 | pkg. lemon Jello | 1 | pkg. Philadelphia Cream |
| 2 | cups hot water | | Cheese |
| 1 | cup crushed pineapple,
drained | 1 | cup whipping cream |
| | | | Cut Marachino cherries or
nuts optional |

Dissolve Jello in hot water. Put in Frig. to partially set. Add the cream to the softened cream cheese and whip until stiff. Add to the Jello mixture. Mix well. Here add the cherries or nuts, if desired. Serve on lettuce leaf with favourite dressing.

GOLDEN GLOW SALAD

- | | | | |
|---|---------------------|-----|-----------------------------|
| 1 | pkg. lemon Jello | 1 | cup crushed pineapple |
| 1 | cup boiling water | 1 | cup raw shredded carrots |
| 1 | cup pineapple juice | 1/2 | teaspoon salt |
| 1 | tablespoon vinegar | 1/4 | cup chopped nuts (optional) |

Dissolve Jello in boiling water, add pineapple juice, vinegar and salt. Chill, when slightly thickened add pineapple, carrots and nuts. Chill in individual molds or one large one. Serve on lettuce.

—Irene Morrison.

VEGETABLE SALAD (Canned)

Peas, beans, carrots, cukes, and small onions. cut up fine.

To each quart add:

- | | | | |
|-----|----------------------|-----|---------------|
| 1 | teaspoon celery seed | 1 | teaspoon salt |
| 1/2 | cup sugar | 1/2 | cup vinegar |

Fill sealer with water. Process 1 1/2 hours.

Nice in the winter with lettuce and salad dressing.

CAPITAL GLASS COMPANY LTD.

CAR GLASS

● DUPLATE SAFETY GLASS

DISTILLED WATER

● GLASS

● MIRRORS

● RE-SILVERING

PHONE 22543

9812 Jasper East

Edmonton, Alberta

Scona

South Side

Beatty

Store

Appliances

10452 WHYTE AVE.

PH. 37229

COMPLIMENTS OF . . .

Mike's News Agency

10062 JASPER AVE.

HAVE YOUR CLOTHES . . .

"BRITE-TONED CLEANED"

Science is the greatest achievement in Dry Cleaning
Exclusive with

THE NEW
Trudeau's
CLEANERS & DYERS LTD.

EDMONTON'S EXCLUSIVE



PHONE 23431

CANDY

MARSHMALLOW FUDGE

2	cups brown sugar	$\frac{1}{2}$	lb. cut marshmallows
$\frac{1}{3}$	cup corn syrup	$\frac{1}{2}$	cup coconut
$\frac{3}{4}$	cup cream	1	teaspoon vanilla
	Butter (size of walnut)		

METHOD—

Add syrup, sugar, cream, and cook to soft ball stage when tested in cold water. Remove from fire, add butter, marshmallows and flavouring. Beat well and turn into buttered pan and cut in squares when cold.

—Mrs. Alvin Yerex.

MOLASSES POP CORN BALLS

3	quarts popped corn	$\frac{1}{3}$	teaspoon vinegar
$\frac{2}{3}$	cup molasses	$\frac{1}{3}$	teaspoon salt
$1\frac{1}{2}$	cup sugar	2	tablespoons butter
$\frac{1}{2}$	cup water	2	teaspoons vanilla

Pick over popped corn, discarding all hard kernels. Boil molasses, sugar, water, vinegar and salt without stirring, to 270 degrees F. or until it becomes brittle when tried in cold water. Remove from fire and add butter and vanilla. Have corn in a large pan, pour the syrup over it gradually, using a spoon to mix well. Form into balls and wrap in wax paper when cool. Makes 36.

—Rene Young.

NUTRITIOUS CANDY

Equal quantities non-fat dry milk and peanut butter. Blend together with honey. Blend until smooth. Can be used various ways.

1—For filling dates, press a walnut meat into filling in date.

2—shape into balls or bars and roll in fine coconut. Chill before serving. Vanilla or lemon extract may be blended in.

—Mrs. J. J. Magee.

AFTER DINNER MINTS

Take $\frac{1}{2}$ cup warm water and 1 envelope gelatin. Soak in warm water. Keep fairly warm. Then add icing sugar a little at a time and a few drops of oil of peppermint (to taste). Mix sugar in with spoon till stiff. Then knead with the hands all the sugar it will take. (Have at least 4 lbs. of icing sugar on hand). Pinch off small chunk and roll back and forth on flat surface till right size across. Clip off pieces with scissors. Let stand 3 or 4 hours. Then keep in air-tight container.

—Mary Cooper.

ENGLISH TOFFEE

- | | |
|--------------------|------------------------|
| 2 cups brown sugar | 1 cup syrup |
| 1 cup butter | 1 can Eagle Brand milk |

Boil all, stirring constantly until it forms a hard ball in cold water. Pour in greased 8" x 8" pan. When cold mark in 1" squares with knife. Chill thoroughly, turn out of pan. Tap with knife handle to separate squares. Good with brazil nuts and filberts added.

—E. M. Ashford.

FUDGE

- | | |
|-----------------------|---------------|
| 2 cups brown sugar | 1/2 cup cream |
| Butter size of walnut | |

Let sugar and cream boil until it almost threads. Add butter lastly. Take from stove, beat till creamy. Pour on buttered plate. Walnuts can be added while it is being beaten, if desired.

—Irene Morrison.

CHOCOLATES

Mix together—

- | | |
|-------------------|-------------------------------------------|
| 1 cup icing sugar | 1 rounded teaspoon hot
mashed potatoes |
|-------------------|-------------------------------------------|

If too thin add more icing sugar. It should be right to roll in balls between hands.

Add flavoring to taste. Nuts, coconut, or cherries may be added. Roll in balls and place on wax paper.

Melt 2 squares semi-sweet chocolate and 1/2 teaspoon paraffin wax. Mix well. Dip balls in chocolate. If the chocolate does not harden add more wax. Leave plain or roll in coconut or chopped nuts.

—Marlys Webster.

CHOCOLATE FUDGE

- | | |
|--------------------------------|----------------------|
| 2 cups white sugar | 3/4 cup nuts |
| 3 oz. chocolate or | 2 tablespoons butter |
| 4 tablespoons cocoa | 1/8 teaspoon salt |
| 2 tablespoons white corn syrup | 1 teaspoon vanilla |
| 3/4 cup milk | |

Place chocolate, sugar, syrup and milk over fire and stir until melted and mixture comes to boil. Cook until mixture reaches a soft ball in cold water. Add butter, cool for 15 minutes. Add vanilla, salt and nuts. Beat until creamy. Pour into greased pan, when slightly cool, cut into squares.

—V. E. Claxton.



PEANUT BRITTLE

- | | |
|---------------------------|------------------------|
| 1 cup white sugar | 1 teaspoon baking soda |
| 1 large tablespoon butter | 1 cup shelled peanuts |
| 1/2 teaspoon vanilla | |

METHOD—

Into a heavy pan put the sugar, using slow heat, let sugar melt back into liquid form. Remove from heat and quickly add the butter, vanilla and baking soda. Stir well, add nuts and spread on well buttered pan. You must work fast as it hardens very quickly.

—Jean Myers.

CREAMY FUDGE

- | | |
|--------------------------------|------------------------------|
| 3 cups white sugar | 1 1/2 cups cream or top milk |
| 3 tablespoons light corn syrup | Few grains salt |

Mix all together and boil to 234 degrees F. or soft ball stage. Let cool, add 1 teaspoon vanilla, 1 tablespoon butter. Beat to creamy stage. Add nuts, fruit, coconut, etc., to taste.

MARSHMALLOWS

Dissolve 2 envelopes gelatine in 1/2 cup cold water.

Add 1/2 cup boiling water, and 1 1/2 cups white sugar. Stir until dissolved. Add 1 teaspoon vanilla, dash of salt. Beat with rotary beater until consistency of icing. Rinse pan 8" x 8" with cold water. Pour in candy. Let stand a few hours to set. Cut in squares with knife dipped in hot water. Remove from pan and roll in toasted coconut. (Toast coconut in shallow pan in moderate oven, stirring often.)

—Mrs. Verna Claxton.

KRISPETTES

- | | |
|------------------------|------------------|
| 1 cup sugar (white) | 1 cup cream milk |
| 1 cup light corn syrup | |

Cook until hard ball stage. Pour over

- | | |
|----------------------|----------------------|
| 3 cups corn flakes | 1 cup salted peanuts |
| 3 cups Rice Krispies | |

Stir with fork, pat into buttered pan. Cut before cold.

PEPPERMINTS

- | | |
|--------------------------|-----------------------|
| 2 cups granulated sugar | 1/4 cup boiling water |
| 3/4 cup Lily White syrup | |

Boil together to soft ball stage, watch closely.

Beat an egg white stiff.

Beat syrup until foamy, and add to stiffly beaten egg white. Beat until almost cold. Add 1 tablespoon peppermint and colour as desired. Drop from coffee spoon on waxed paper.

—Mary Regan.

DIVINITY FUDGE

2 $\frac{1}{3}$ cups white sugar	1 $\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup corn syrup	2 egg whites
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla

Measure sugar, corn syrup, water and salt into saucepan; cook and stir over low heat until dissolved. Increase heat until mixture boils; cook, without stirring, to the very hard ball stage to 265 degrees F. During this cooking the crystals which form on sides of pan should be wiped down with a damp cloth wrapped around the tines of a fork. Have egg whites stiffly beaten: gradually pour hot syrup over them. Add flavouring. Pour into oiled pan 8" x 8". While still warm, cut in squares. Yield: 1 $\frac{1}{4}$ pounds.

VARIATIONS—

For Orange Divinity, add 3 tablespoons grated orange rind in place of vanilla; for Almond Divinity, add $\frac{1}{3}$ cup almonds which have been blanched and finely chopped.

H. KELLY & CO., LTD.

***For All
Your Plumbing Needs***

21218 PHONE 29228
— —

10041 - 101A Ave.

PUDDINGS

STEAMED PUDDING

1	cup grated raw carrot	$\frac{3}{4}$	cup chopped suet
1	cup grated raw potato	$\frac{1}{2}$	teaspoon cloves
1	cup Robin Hood flour	$\frac{1}{2}$	teaspoon nutmeg
1	cup sugar	$\frac{1}{2}$	teaspoon cinnamon
$\frac{3}{4}$	cup raisins	1	teaspoon soda
$\frac{1}{2}$	cup currants	1	teaspoon salt
$\frac{1}{2}$	cup butter or		

Cream butter, add sugar and blend.

Add carrots and half of potatoes.

Then add flour and spices which have been sifted together.

Add soda dissolved in remaining potatoes.

Mix lightly and put in greased pan or bowl and steam for one hour or longer.

Serve with brown sugar sauce.

—Mrs. Lee Green.

APPLE CANDY CRISP

(Serves 4 to 6)

Prepare—8 x 8 x 2 or 10 x 6 x 2 inch pan by greasing well with butter.

Arrange—6 cups sliced apples (5 or 6), in bottom of pan.

Sprinkle with—

$\frac{1}{4}$	cup sugar	1	tablespoon lemon juice
$\frac{1}{2}$	teaspoon salt		

Sift together—

$\frac{3}{4}$	cup sifted Robin Hood flour	$\frac{1}{2}$	cup sugar
		1	teaspoon cinnamon

Blend in— $\frac{1}{4}$ cup melted butter; mix until crumbly. Add $\frac{1}{4}$ pound finely crushed peanut brittle.

Pack—over apples in pan and add $\frac{1}{4}$ cup water.

Bake—in moderately hot oven, 400 degrees F., 30 to 40 minutes. Serve warm with cream.

—Velma Owren.

CHRISTMAS PUDDING

$1\frac{1}{4}$	cup sour milk	2	tablespoons brown sugar
$\frac{1}{2}$	cup syrup (warm)	1	tablespoon boiling water
1	cup Robin Hood flour	1	cup raisins
$1\frac{1}{2}$	cup stale bread crumbs	1	cup currants
1	cup chopped suet	$\frac{2}{3}$	cup almonds
$\frac{1}{3}$	teaspoon salt	1	cup fruit cake mix
1	teaspoon soda	2	eggs (well beaten)
$1\frac{1}{2}$	teaspoon mixed spices		

Mix dry ingredients. Add crumbs, suet, sugar and fruit. Mix milk and warm syrup, add beaten eggs and dry ingredients. Dissolve soda in boiling water and add. Mix well and steam 2 hours. Cherries and dates can also be added.

—Inez Martin.

SAUCE FOR XMAS PUDDING

$\frac{1}{2}$ cup brown sugar	1 cup boiling water
$1\frac{1}{2}$ tablespoon Robin Hood flour	1 tablespoon butter
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

Combine sugar, flour, salt and add boiling water, stirring constantly. Cook over low heat until thick and smooth. Remove from heat—add butter and vanilla. Whip in $\frac{1}{2}$ pint whipped cream.

LEMON SOUFFLE PUDDING

Grated rind and juice of 1 lemon	2 tablespoons butter
1 cup granulated sugar	2 egg yolks
2 tablespoons Robin Hood flour	1 cup milk
	2 egg whites, beaten stiff

Grate lemon rind and cream with sugar, flour and butter. Add lemon juice. Add egg yolks and beat well. Add milk, and fold in beaten egg whites. Bake in buttered pudding dish or casserole, in pan of water, for one hour or until lightly browned. Oven at 350 degrees F.

—Mrs. W. N. McClellan.

CHRISTMAS CARROT PUDDING

$\frac{1}{2}$ cup chopped suet	1 egg
$\frac{1}{2}$ cup brown sugar	1 teaspoon salt
$\frac{1}{2}$ cup raisins	1 teaspoon soda in
$\frac{1}{2}$ cup currants	1 tablespoon water
1 cup grated raw carrots	$\frac{1}{4}$ teaspoon each, cinnamon,
1 cup grated raw potatoes	cloves and nutmeg sifted in
1 cup grated raw apple	$\frac{1}{2}$ cup Robin Hood flour
$\frac{1}{2}$ cup chopped dates	

Mix all together thoroughly and steam 2 hours.

Peel may be added, if desired.

—Mrs. J. Day.

CHOCOLATE FUDGE PUDDING

$2\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ square chocolate or
$\frac{1}{4}$ cup white sugar	2 tablespoons cocoa
$\frac{5}{8}$ cup Robin Hood flour	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ teaspoon baking powder	1 teaspoon vanilla
$\frac{1}{3}$ cup milk	

Cream butter and sugar. Add chocolate, salt, milk and mix well. Add flour and baking powder. Put into baking pan.

Sprinkle top with a mixture of—

$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ tablespoon cocoa
$\frac{1}{4}$ cup white sugar	Salt

Pour $1\frac{1}{2}$ cups boiling water over the whole thing. Bake in moderate oven for 30 minutes. Pudding has sauce when finished.

—Mrs. W. F. Davis.

COCONUT PINEAPPLE TORTE

- | | |
|------------------------------------------|-----------------------------------------------|
| 1 cup Velvet Cake flour | 2 egg whites |
| plus 2 tablespoons | $\frac{1}{2}$ cup sugar |
| 1 teaspoon baking powder | $\frac{1}{4}$ cup coconut |
| $\frac{1}{4}$ cup butter or shortening | $\frac{1}{2}$ cup cream whipped and sweetened |
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup drained crushed pineapple |
| 2 egg yolks, unbeaten | |
| 3 tablespoons milk | |
| $\frac{1}{4}$ teaspoon almond flavouring | |

Sift flour, measure, add baking powder and sift together 3 times. Cream butter, add sugar gradually, cream until light, add flavouring. Add egg yolks one at a time beating thoroughly each time. Add flour, alternately with milk. Beat thoroughly. Spread in greased 9 inch layer cake pan. Beat egg whites until stiff, add the $\frac{1}{2}$ cup sugar and half the coconut. Beat well. Spread on top of cake mixture. Bake in slow oven 300 degrees F. 25 minutes, then increase hot to 350 degrees F. and bake 30 minutes longer. When cool, remove from pan. Let thoroughly cool. Just before serving, whip cream, add sugar, and beat well; add crushed drained pineapple and rest of coconut. Pile on top of meringue and serve at once.

CHRISTMAS PUDDING

- | | |
|-----------------------------------------|------------------------------------------------------|
| $1\frac{1}{4}$ cups Robin Hood flour | 1 8-oz. package glazed cherries |
| $1\frac{1}{2}$ cups bread crumbs, stale | $1\frac{1}{2}$ cups shredded suet |
| 1 cup scalded milk | $\frac{1}{4}$ lb. almonds |
| $1\frac{1}{2}$ cups brown sugar | $\frac{1}{4}$ cup wine, currant jelly or grape juice |
| 4 eggs | $\frac{1}{2}$ teaspoon nutmeg |
| $1\frac{1}{2}$ cups seeded raisins | $\frac{1}{4}$ teaspoon mace |
| 1 cup seedless raisins | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{3}{4}$ cup currants | $\frac{1}{4}$ teaspoon cloves |
| $\frac{1}{2}$ lb. fruit mix | $1\frac{1}{2}$ teaspoon salt |
| 1 cup grated carrot | |

Soak bread crumbs in milk. Let stand until cool. Add sugar, beaten yolks, fruit, etc. Add liquid and spices and egg whites beaten stiff. Fill pudding bowls or pint jars $\frac{2}{3}$ full and steam for 6 hours.

—Mrs. Verna Claxton.

CHOCOLATE MARLOW

- | | |
|---------------------------------|----------------------------|
| 2 cups milk | 32 marshmallows |
| 2 squares unsweetened chocolate | 3 drops peppermint extract |
| | 1 cup cream whipped |

Scald one cup milk. Shave chocolate into milk and stir until melted. Add marshmallows. Stir lightly until dissolved. Remove from heat. Add remaining cup cold milk and extract. Fold mixture until smooth. Pour into freezer tray to chill while whipping cream. Fold in whipped cream and blend. Return to refrigerator. Freeze at coldest setting. When frozen turn dial to medium.

A Reminder



Edmonton's Largest Printing Plant is fully equipped with modern machines and skilled craftsmen . . . any printing piece, large or small is quickly produced by Commercial.

COMMERCIAL PRINTERS

LTD.

EDMONTON

PHONE 29327

HALF-HOUR PUDDING

$\frac{1}{2}$ cup milk	1 cup Robin Hood flour
$\frac{1}{3}$ cup brown sugar	Pinch salt
1 cup raisins	2 teaspoons baking powder

Mix dry ingredients, add raisins, then milk. Put in greased baking dish.

SAUCE—

$\frac{1}{2}$ teaspoon nutmeg	1 tablespoon butter
1 cup brown sugar	2 cups boiling water

Mix and stir until butter is melted, and pour over pudding batter. Bake in moderate oven $\frac{1}{2}$ hour.

—Irene Morrison.

LEMON RICE

$\frac{3}{4}$ cup cooked rice	1 lemon rind
2 egg yolks	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	

Beat two egg whites, 5 tablespoons icing sugar, 1 lemon. Pour over top and brown in oven.

—Phyllis Settle.

APPLE FLUFF

1 large egg white	1 cup sugar
1 apple (grated)	

Beat until very stiff. Chill. Serve with custard sauce.

—Phyllis Settle.

DELICIOUS PUDDING

1 cup raisins or dates in bottom of deep dish	$\frac{1}{2}$ cup sifted Robin Hood flour
--------------------------------------------------	----------------------------------------------

Make batter of:

1 tablespoon shortening	1 teaspoon baking powder
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon salt

Cover fruit with batter and make a thin syrup of:

$\frac{1}{2}$ cup brown sugar	$1\frac{1}{4}$ cups water
-------------------------------	---------------------------

Pour over batter and bake in moderate oven $\frac{1}{2}$ hour.

—Mrs. J. Day.

CHOCOLATE BREAD-CUSTARD

2 squares chocolate— 1 semi-sweet and 1 unsweetened	for meringue $\frac{1}{2}$ cup sugar 1 teaspoon vanilla
2 cups milk	Salt
2 eggs—1 white saved	3 slices cubed bread

METHOD—

Add chocolate to milk and heat until melted. Combine salt, sugar and eggs. Stir in the chocolate mixture. Add vanilla. Add bread and let stand 15 minutes, stirring often. Bake in greased 1 quart baking dish in pan of hot water at 375 degrees F. for 40 minutes.

—Mrs. W. N. McClellan.

STEAMED WHOLE WHEAT PUDDING

- | | |
|-------------------------------------|---------------------|
| 2 cups Robin Hood whole wheat flour | Spices to taste |
| 1 cup Robin Hood white flour | 1 cup molasses |
| 2 heaped teaspoons soda | 1 cup suet |
| 4 eggs, well beaten | 1 cup currants |
| 1 1/3 cups sweet milk | 1 cup raisins |
| Steam about 3 hours. | 1/2 cup brown sugar |

—L. Anderson.

PINEAPPLE DELIGHT

30 marshmallows dissolved in 1 scant cup milk.

Whip 1/2 pint cream and add 20 oz. tin of drained, crushed pineapple, no juice.

Add the cream mixture to marshmallows and milk.

Crush 15 Graham wafers and put half in a 9 inch pan. Cover with filling and spread the remaining crumbs on top.

Chill and cut in squares. Better if made night before used.

—Elva Young.

LEMON ICE CREAM

- | | |
|-------------------------------------|------------------------|
| 1 small can Carnation Milk, chilled | Rind of one lemon |
| Pinch of salt | 1 egg |
| 1 1/3 cups milk | 1 1/2 cups white sugar |
| | Juice of two lemons |

METHOD—

Whip Carnation Milk until stiff. Add egg and whip again. Add sugar gradually, add lemon juice and rind. Then add salt and milk. Mix well and pour into freezer tray.

—Mrs. E. N. Griggs.

DATED APPLES

4 ounces of dates, a few unsalted nuts chopped and well mixed. Sprinkle with lemon juice and pack into cored apples (enough for 4 to 6 apples). Pour a dessertspoon of syrup over the top. Pour a little water into bottom of baking dish. Bake for 40 minutes in moderate oven.

—Frances Meyer.

LEMON CAKE TOP PUDDING

- | | |
|---------------------------|-----------------------------------------|
| 1 1/2 tablespoons butter | 1/8 teaspoon salt |
| 1/2 cup sugar | 1 1/2 tbsps. Robin Hood flour (rounded) |
| 2 egg yolks | 1 cup milk |
| 2 tablespoons lemon juice | 2 egg whites |

Cream butter and sugar until fluffy. Add yolks and beat well. Add flour, juice and salt and stir in milk. Beat egg whites stiff and fold into lemon mixture. Pour into buttered baking dish and bake in a pan of water 40 minutes at 325 degrees F. Increase heat to 350 degrees F. for another 10 minutes to brown nicely.

—Velma Owren.

DATE PUDDING

Sift together:

- | | | | |
|---|-------------------------|-----|-----------|
| 1 | cup Robin Hood flour | 1 | cup dates |
| 1 | cup sugar | 1/2 | cup milk |
| 2 | teaspoons baking powder | | |

Mix well together and put in a buttered baking dish.

Mix:

- | | | | |
|---|--------------------|---|-------------------|
| 1 | cup brown sugar | 1 | tablespoon butter |
| 2 | cups boiling water | | |

Stir well and put this sauce over the batter. Bake 30 to 40 minutes. As the batter rises, the sauce goes to the bottom and moistens the batter. Serve with some more Scotch sauce or whipped cream.

CARROT PUDDING

- | | | | |
|-----|----------------------|-----------------------------|------------------------------------|
| 1 | cup carrots | } Raw. Put through chopper. | |
| 1 | cup potatoes | | |
| 1 | cup suet | | |
| 1 | cup Robin Hood flour | 1/2 | teaspoon nutmeg |
| 1 | cup white sugar | 1 | teaspoon soda |
| 1 | cup raisins | 1 | teaspoon salt |
| 1/2 | teaspoon cloves | | (Almonds, cherries, peel optional) |
| 1/2 | teaspoon cinnamon | | |

Steam 2 hours and again 1 hour before serving.

—E. M. Ashford.

GRAPE NUT PUDDING

- | | | | |
|-------|------------------------|-----|----------------------|
| 1 1/2 | cups milk | 1 | teaspoon corn starch |
| 1 | egg | 1 | teaspoon vanilla |
| 1/2 | cup grapenuts | 1/2 | teaspoon salt |
| 1 | tablespoon brown sugar | 1/3 | teaspoon nutmeg |
| 1 | teaspoon butter | | Raisins, if desired. |

Bake in moderate oven.

PINEAPPLE DELIGHT

- | | | | |
|---|------------------------------------------|---|----------------------------|
| 1 | Pineapple Jelly Powder | 1 | box vanilla wafers crushed |
| 1 | tblsp. lemon juice | | with and blended: |
| 1 | can crushed pineapple | 2 | tblsp. granulated sugar |
| 1 | can (Refrigerated, cold evaporated milk) | 2 | tblsp. melted butter |

METHOD—

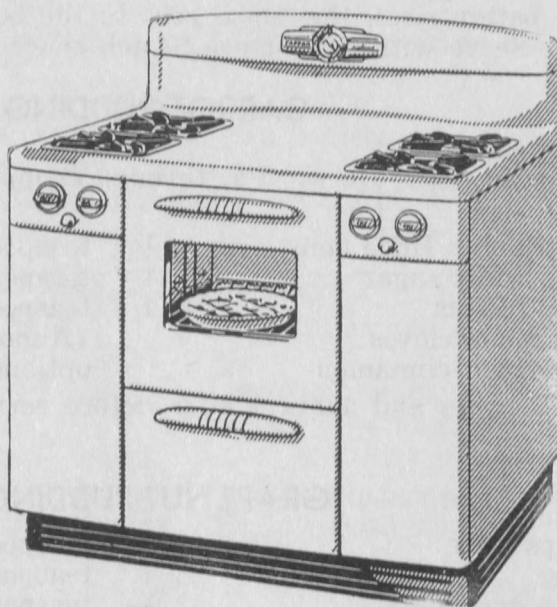
Make up pineapple jelly and add lemon juice and allow to set. Crush vanilla wafers finely and add sugar and butter-blend. Press into 8" x 8" cake pan. Build up along sides (leave out 5 tblsp.). Whip evaporated (Carnation) milk until thick. Beat jelly until frothy. Fold milk into jelly and add drained pineapple. Pour over wafers, and sprinkle remainder of crumbs over top. Place in refrigerator over night to allow to set well. Cut in slices and remove with spatula to serve. Delicious topped with whipped cream.

—Mrs. Arthur Busse.



**CANADA'S
EXCITING
NEW
GAS
RANGE**

This ultra modern
gas range, means
faster, easier
cooking,
baking, and
more freedom
from
kitchen
routine



Model SKV62

SPECIAL FEATURES

Visualite Oven Door, Oven Lights, Storage
Compartments, Quick Broiler, Complete Time
and Temperature Regulators



See the Range that Cooks to Perfection
at your

INGLIS-TAPPAN DEALER SOON

ORANGE PUDDING

Make sauce first of:

$\frac{3}{4}$ cup brown sugar
1 tablespoon butter

Juice and rind of 1 orange
1 cup boiling water

Bring to a boil and pour in baking dish. Spoon in the following batter:

3 tbsps. butter

$\frac{2}{3}$ cup white sugar

Cream together and add $\frac{1}{2}$ cup milk. Sift together 1 cup Robin Hood flour, 1 tsp. baking powder and $\frac{1}{4}$ tsp. salt. Blend in. Bake at 350° about 30 minutes. Batter rises to top and sauce is on bottom.

—Mrs. E. N. Griggs.

MARMALADE PUDDING

$\frac{1}{2}$ cup shortening
1 cup marmalade
1 cup milk

1 cup Robin Hood flour
1 scant tsp. soda
Pinch of salt

METHOD—

Mix in top of double boiler and steam one hour.

—Lil Fleming.

OZARK PUDDING

Beat 1 egg and add
 $\frac{1}{2}$ cup white sugar
3 tablespoons Robin Hood
flour

$1\frac{1}{4}$ tsps. baking powder
 $\frac{1}{2}$ cup chopped apples
 $\frac{1}{2}$ cup chopped nuts
Salt and vanilla to taste

Bake for $\frac{3}{4}$ hour at 350°. Serve with whipped cream, or the following Fluffy Sauce:

$\frac{1}{4}$ cup butter
1 cup icing sugar
 $\frac{1}{8}$ tsp. salt

$\frac{1}{8}$ tsp. ginger (optional)
2 tsps. lemon juice
 $\frac{1}{4}$ cup nuts

Cream butter until light and fluffy. Mix icing sugar, salt and ginger together and add to butter. Add lemon juice and nuts.

—Isabel McLeod.

GRANDMOTHER'S RICE PUDDING

$\frac{1}{2}$ cup rice
 $\frac{1}{2}$ cup sugar
2 eggs

Pint milk
Dash nutmeg
Raisins (if desired)

Wash rice and cover with water in buttered casserole. Place in medium hot oven and leave until rice has taken up all the water. Put milk, sugar and beaten egg yolks and nutmeg over rice, and mix. Bake slowly until rice is creamy and soft. Remove from oven and add stiffly-beaten egg whites and fold in. Return to oven for short time until nicely browned.

—Mrs. Mary Beavis.

BEACHBURG PUDDING

- | | | | |
|---------------|----------------------|---------------|--------------------|
| 1 | tbsp. butter | 1 | tsp. baking powder |
| $\frac{1}{4}$ | cup sugar | 1 | tsp. soda |
| $\frac{1}{4}$ | cup syrup | $\frac{1}{2}$ | cup raisins |
| 1 | cup Robin Hood flour | $\frac{1}{2}$ | cup milk |
| $\frac{1}{2}$ | tsp. salt | $\frac{1}{2}$ | tsp. vanilla |

Cream butter, add sugar and syrup, and cream well. Sift and measure flour and sift again with dry ingredients. Add flour mixture alternately with milk to creamed mixture. Add raisins and vanilla. Pour batter into greased baking pan.

COMBINE:

- | | | | |
|---------------|-----------------|----------------|--------------------|
| $\frac{1}{2}$ | cup brown sugar | $1\frac{1}{2}$ | cups boiling water |
| $\frac{1}{3}$ | cup syrup | $\frac{3}{4}$ | tbsp. butter |

If more sauce is desired, increase amount. Pour the sauce over the batter and bake in moderate oven (350°) about 45 minutes.

—Mary McConaghie.

ORANGE DATE CUP PUDDINGS

- | | | | |
|---------------|--------------------------|---------------|-----------------------------|
| $\frac{1}{4}$ | cup shortening | 1 | cup sifted Robin Hood flour |
| $\frac{1}{2}$ | cup sugar | $\frac{1}{2}$ | tsp. baking powder |
| $\frac{1}{2}$ | tsp. soda | $\frac{1}{3}$ | cup buttermilk |
| 1 | egg | 1 | cup dates, cut small |
| 1 | tbsp. grated orange rind | | |

Stir shortening until soft. Sift in dry ingredients, add buttermilk, egg and orange rind. Beat until smooth—about 1 minute. Spoon into greased custard cups and bake in a moderate (350°) oven for 25 to 30 minutes. Combine $\frac{3}{4}$ cup orange juice and $\frac{1}{4}$ cup sugar. Pour over hot puddings. Let stand 15 minutes, then remove from cups. Serve warm with sauce or whipped cream.

—Mrs. W. B. Postill.

DELICIOUS DESSERT

Place 1 cup strong coffee in top of double boiler; 18 marshmallows, cut up and stir into coffee until melted. Add a few drops of vanilla. COOL:

When cool, fold in 1 cup whipping cream (whipped). Pour into sherbet glasses and set aside in frig. until set. Keep in frig. until ready to serve. Top with a spoon of whipped cream, sprinkle with finely-sliced almonds for added flavor on top of whipped cream. Serves: 4 to 6.

—Marion Connauton.

PINEAPPLE ICE BOX DESSERT

- | | | | |
|----------------|-----------------------|---------------|-----------------------|
| 1 | package Dad's Cookies | $\frac{1}{2}$ | cup butter |
| $1\frac{1}{4}$ | cups icing sugar | 2 | unbeaten eggs |
| $\frac{1}{2}$ | pint whipping cream | 1 | can crushed pineapple |

Roll out cookies, cover 8" pan with half of the cookie crumbs. Cream butter, sugar, add eggs, beat well and spread over crushed cookies. Drain pineapple, add to whipping cream and spread over egg mixture. Cover with remaining crumbs. Chill; do not freeze.

ORANGE PUDDING

Remove the seeds and slice 4 oranges. Cover with $\frac{1}{2}$ cup sugar. Make a custard of $2\frac{1}{2}$ cups milk, 4 teaspoons corn starch, yolks of 2 eggs and $\frac{1}{2}$ cup sugar. Beat up the whites with a little sugar. Spread on top and put into the oven to brown. To be served when cold.

—Mrs. M. Seale.

CHOCOLATE FLUFF PUDDING

2	oz. unsweetened chocolate	3	eggs
$1\frac{3}{4}$	cups milk (or diluted evaporated milk)	$\frac{1}{4}$	tsp. salt
1	cup cubes of white bread	$\frac{1}{2}$	cup fine granulated sugar
1	tbsp. butter	1	tsp. pure vanilla
			Chopped almonds (optional)

Cut up the chocolate and place in upper pan of double boiler. Add the milk and heat until chocolate melts; beat smooth with rotary beater and heat to scalding point. Add the bread cubes and the butter. Beat egg whites with salt until stiff but not dry. Beat the egg yolks slightly and gradually beat in the sugar. Add milk mixture, then fold in the egg whites and the vanilla. Turn into greased baking dish and sprinkle with chopped almonds if desired. Place in a pan of hot water and bake in rather slow oven (325°) until set so that a knife inserted in the centre comes out clean (about 50 minutes). Serve hot or cold, with cream. A foamy sauce would be equally delicious on this dessert.

FOR BETTER MILLWORK

SEE . . .

W. R. ZEIDLER LTD.

10066 Whyte Ave.

Phone 31089

Comrie
Sewing Machine Company

DISTRIBUTORS FOR THE WORLD FAMOUS PFAFF, COMRIE
ZIG ZAG AND COMRIE MACHINES



***Repairs and Parts for all makes
of Sewing Machines***

Reasonable Charges

Free Estimates

Work done by experts

Portable Electric Machines rented by Week or Month

Telephones: Sales and Service 35117

—

Office 36145



COMRIE
SEWING MACHINE COMPANY

10511 Whyte Avenue

Edmonton, Alberta

SAUCES & ICINGS

LEMON BUTTER

- | | |
|-------------|--------------------------|
| 1 cup sugar | $\frac{1}{4}$ cup butter |
| 2 lemons | 3 eggs, beaten |

Use the juice of the 2 lemons and the grated rind of one. Mix ingredients together and cook in double boiler until mixture thickens.

BUTTERSCOTCH SAUCE

- | | |
|-------------------|-------------------------|
| 1 cup white sugar | 3 tbsps. butter |
| 1 cup syrup | $\frac{1}{8}$ tsp. salt |
| 1 cup thin cream | 1 tsp. vanilla |

Put all ingredients in double boiler. Cook 1 hour, stirring constantly. Makes 3 cups.

CANDY ICING

- | | |
|-------------------------|----------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ cup cream | Pinch salt |
- Icing sugar

Mix brown sugar, cream, bring to boil and boil 3 minutes. Take from stove and stir in icing sugar until thick enough to spread. Add vanilla and salt.

CHOCOLATE ICING

- | | |
|---------------------|----------------------|
| 2 squares chocolate | 1 can condensed milk |
| 3 tbsps. water | (Eagle Brand) |

Melt chocolate in double boiler. Add milk. Stir until thickened. Add water and beat well.

MAPLE CREAM ICING

- | | |
|--------------------------|-------------------------|
| 1 cup brown sugar | $\frac{1}{4}$ cup cream |
| $\frac{1}{4}$ cup butter | |

Let heat slowly until sugar is melted. Boil 3 minutes. Beat until creamy.

FUDGE FROSTING

- | | |
|-------------------------|-----------------------|
| 1 cup granulated sugar | 2 squares unsweetened |
| 1 cup light brown sugar | chocolate |
| 1 cup milk or water | |

Mix together and boil until mixture forms a soft ball when tried in cold water. Add 1 tbsp. butter, 1 tsp. vanilla. Remove from fire; cool; then beat until creamy.

SEVEN MINUTE FROSTING

- | | |
|------------------------------------|----------------------|
| 1 egg white, unbeaten | 1 scant cup of sugar |
| $\frac{1}{8}$ tsp. cream of tartar | Few grains of salt |
| $\frac{1}{3}$ cup boiling water | Vanilla |

Place sugar, salt, cream of tartar and boiling water in top of double boiler; place over boiling water, add unbeaten egg white, and commence immediately to beat the mixture with rotary egg beater. Beat until thick and smooth. Remove from fire and add flavoring. Coffee may be substituted for the hot water.

BROWN SUGAR SEVEN MINUTE FROSTING

- | | |
|--------------------------------------|-----------------------------------|
| 1 $\frac{1}{4}$ cups brown sugar | 1 $\frac{1}{4}$ cup boiling water |
| 1 $\frac{1}{4}$ tsp. cream of tartar | Flavoring |
| 1 egg white, unbeaten | |

Make same as Seven Minute Frosting.

PUDDING SAUCE

- | | |
|------------------------|-----------------------------|
| 1 cup icing sugar | 1 tbsp. of butter |
| 3 egg yolks | 1 $\frac{1}{2}$ cup of milk |
| 1 tsp. full of vinegar | |

Cook like custard. When cool, add whipped cream. Good for Christmas pudding.

—Mrs. James Ward.

STRAWBERRY SAUCE

- | | |
|------------------------------------------|--------------|
| 4 cups strawberries,
slightly crushed | 4 cups sugar |
|------------------------------------------|--------------|

Let stand overnight. Boil 4 minutes. Add $\frac{1}{4}$ cup lemon juice. Boil 1 minute longer. Put in jars and seal.

NOTE: This is not a firm jam, and is very good as a sauce on ice cream, puddings or strawberry shortcake.

—Verna Claxton.

CHOCOLATE ICING

- | | |
|---------------------|------------------------------|
| 1 cup icing sugar | 2 squares melted chocolate |
| 1 egg, unbeaten | 1 $\frac{1}{4}$ cup milk |
| 1 tbsp. soft butter | 1 $\frac{1}{2}$ tsp. vanilla |

Mix ingredients in order given. Place bowl in pan of cold water and beat with rotary egg beater until of spreading consistency.

SEAFOOD COCKTAIL SAUCE

- | | |
|-------------------------------------------|-----------------------------|
| 1 $\frac{1}{4}$ cup chili sauce or catsup | 2 scant tsp. Worcestershire |
| 1 tsp. powdered horseradish | Sauce |
| 1 tbsp. lemon juice | Thin with vinegar |
| 4 drops Tabasco sauce | |

Serves 4.

BROWN SUGAR SAUCE

- | | |
|---------------------------|----------------------|
| 1 cup brown sugar | 2 cups boiling water |
| 1 $\frac{1}{4}$ cup flour | 2 tsps. vanilla |
| 2 tbsps. butter | |

Mix flour and brown sugar, add butter and pour boiling water over mixture. Boil until it thickens, stirring constantly. Add flavoring and pour over dessert.

SOUP

VEGETABLE CHEESE SOUP

- | | | | |
|---------------|------------------------|---------------|---------------------------|
| 3 | tbsp. butter | $\frac{1}{8}$ | tsp. pepper |
| 1 | medium onion, chopped | 2 | cups water |
| 1 | stalk celery, diced | 2 | beef bouillon cubes |
| 2 | tbsp. Robin Hood flour | 4 | cups milk |
| $\frac{1}{2}$ | tsp. dry mustard | $\frac{1}{2}$ | cup cooked or canned peas |
| $\frac{1}{2}$ | tsp. salt | 1 | cup grated cheese |

Melt butter in large saucepan, add onions and celery. Saute over low heat 5 minutes. Blend in flour, mustard, salt and pepper. Add water and bouillon cubes. Simmer, stirring often, for 5 minutes or until vegetables are tender. Add milk, peas and cheese. Heat slowly (stirring) just to melt cheese. Do not boil as soup may curdle. Serve with hot toasted bread cubes.

—Velma Owren.

FRENCH PEA SOUP

- | | | | |
|---|------------------------|---|------------------------------|
| 2 | large cups split peas | 1 | lb. of fresh or salted pork, |
| 1 | large onion, cut small | | fat or lean |
| | Little salt and pepper | | |

Cover well with hot or warm water. Boil slowly until thick, stirring often. Better to stand peas in water overnight.

POTATO SOUP

- | | | | |
|---------------|--------------------------------|---|------------------|
| 8 | large potatoes | 3 | whole cloves |
| 1 | large onion | | Sprig of parsley |
| $\frac{1}{2}$ | lb. salt pork, cut into strips | | |

Boil this 2 hours, then strain through a sieve and season to taste, adding 1 tablespoonful of butter and 1 pint of cream. Let it come to a boil and serve.

CREAM OF CORN SOUP

- | | | | |
|----------------|------------------|---|---------------|
| $1\frac{1}{2}$ | cups canned corn | 1 | sprig parsley |
| $\frac{1}{2}$ | tsp. onion juice | 1 | bay leaf |

Boil together until corn is well cooked. Make a cup of white sauce (1 cup milk, 1 tablespoonful butter). Strain corn through sieve and add to white sauce.

—A. G. Rutherford.

GOOD COOKING—

is made easier by a bright and clean kitchen, with adequate cupboards.

FOR CUPBOARD MATERIAL—

a wide stock of smart cupboard hardware, and a dazzling array of paint and enamel, white or colored . . .

CALL THE LUMBER NUMBER—25236

Allen McBain Lumber

COMPANY LIMITED

Jasper Avenue at 93 Street

Edmonton

FOR DISTINCTIVE COOKING



NU-MAID Brand BUTTER

Made by the new continuous process

A new, different butter — makes good recipes better

NORTHERN ALBERTA DAIRY POOL LIMITED

PHONE 28101

Best Wishes from

LEE'S DRUG STORE

"THE WEST END FAMILY DRUG STORE"



10426 - 124 St.

Phone 82244

SANDWICHES

MOCK LOBSTER SANDWICH FILLING

- | | |
|---------------------|------------------------|
| 1/2 can tomato soup | 1/4 lb. grated Ontario |
| Butter, size of egg | medium cheese |

Melt until creamy. Remove from stove and beat in 2 eggs one at a time until smooth. Put back on stove and cook until creamy. Take off and add 1/2-pound can of red salmon.

—Verna Claxton.

SANDWICH FILLING

- | | |
|---------------------------|--------------------|
| 1 tin tuna fish or shrimp | 3 hard-boiled eggs |
|---------------------------|--------------------|
- Onion to taste; salad dressing to moisten, and pepper and salt to taste. Mix well.

PEACH, APRICOT, PEAR, MERINGUE TOAST

- | | |
|-------------------------------------------------------------|------------------------|
| 1 egg white | Few drops lemon juice |
| 1/3 cup powdered sugar | McGavin's white bread |
| 1/2 cup finely-chopped, well-drained peach, apricot or pear | slices, 1/2-inch thick |
| | Soft butter |

METHOD:

Beat egg white with few grains of salt until stiff but not dry. Gradually beat in sugar until mixture stands in peaks. Carefully fold in fruit and lemon juice. Toast bread lightly, trim crusts. Spread with soft butter, then with meringue. Brown in moderate oven (350°). Cut in fingers and serve hot.

DIVINITY SANDWICH LOAF

Remove crust from loaf of fresh white bread. Slice lengthwise into four slices. Butter slices on both sides except top and bottom slices. Make fillings as follows:

Red Filling:

- | | |
|----------------------------------|-----------------------------|
| 1 cup Paris Paté, finely chopped | 1 pimento, chopped |
| | Miracle Whip salad dressing |

Yellow Filling:

- | | |
|-----------------------------|-----------------------------|
| 3 hard-cooked eggs, chopped | Miracle Whip salad dressing |
| Salt and pepper | Color yellow |

Green Filling:

- | | |
|-----------------------------------------|------------------------|
| 1 package Borden's Cottage Cream Cheese | 1 green pepper, minced |
| | Color green |

Spread slices of buttered bread with the fillings in order given. Soften 2 packages of Borden's Cream Cheese with sweet cream and spread all over outside of loaf. Chill for several hours. Garnish with chopped green pepper and pimento.

SNACKS

Small soda biscuits spread with any favorite cream cheese. Place a half marshmallow, cut side down, on top. Place in oven and slightly brown.

SPORK AND EGG FILLING

- 1 tin Spork
- 1 small onion
- 2 or 3 hard-cooked eggs

Put the above ingredients through the food chopper. Add a little salt and pepper, and add enough salad dressing to make the above ingredients moist.

SUGGESTIONS FOR SANDWICH FILLINGS

Chopped cooked meats mixed with chopped celery or chopped pickles and moistened with salad dressing.

Flaked chopped cooked salmon seasoned with a little vinegar and chopped green onions.

Cottage cheese moistened with marmalade or tart jelly.

Chopped hard-boiled eggs, mashed sardines and a dash of H.P. Sauce.

Season creamed cheese with Heinz catsup, salt and pepper. Spread small squares of bread with this mixture. Place a piece of bacon on top of this and bake in hot oven until bacon becomes crisp and cheese is melted.

Grind $\frac{1}{2}$ pound of bologna, 1 teaspoon of chopped onion, 2 hard-boiled eggs together and moisten with mayonnaise seasoned with Heinz Worcestershire Sauce.

Chopped celery and hard-cooked eggs, moistened with salad dressing.

Finely-chopped leftover chicken, worked to a smooth paste with a little butter and a spoonful of cream. Season to taste.

FROZEN FOOD SECTION

TURKEY LOAF

- | | |
|-------------------------|-----------------------------|
| 1/4 lb. mushrooms | 2 eggs |
| 1 tbsp. butter | 1/2 tsp. salt |
| 1 1/2 cups bread crumbs | 1/4 tsp. paprika |
| 1 cup milk | 1/3 cup pimento |
| 1 cup turkey broth | 3 cups finely-sliced turkey |

Sauté mushrooms in butter. Mix all other ingredients together and then add mushrooms. Pour into greased loaf pan. Set loaf pan in a pan of water (have water about 1 inch deep). Bake for 1 hour at 350°. This loaf may be successfully frozen before or after baking. If you wish to freeze it before baking line your loaf pan with freezer paper and allow enough paper to wrap the loaf after it is frozen. Place pan in freezer until loaf is frozen; then remove from the pan and wrap. When you are ready to bake the loaf, unwrap the loaf and slip it into the loaf pan, without defrosting, and bake.

INDIVIDUAL MEAT LOAVES*

- | | |
|------------------------|------------------------------------------|
| 2 lbs. ground beef | 1/4 tsp. pepper |
| 1 egg, slightly beaten | 2 slices bread |
| 1/4 cup minced onions | Up to 1 1/4 cups of left-over vegetables |
| 1 1/2 tsp. salt | |

Mix ingredients and pack into muffin tins. Bake at 350° about 1 hour. Baste two or three times during the baking with bacon fat. Cool, wrap and freeze. To serve, heat in oven 20 minutes and top with defrosted and heated barbecue sauce.

* Make in larger quantities if desired.

CRANBERRY RELISH

- | | |
|--------------------|---------------|
| 2 cups cranberries | 3/4 cup sugar |
| 1 whole orange | |

Put orange and cranberries through the food chopper. Add sugar. Put in freezer container and into freezer until needed.

Variation:

- | | |
|---------------------------|-------------|
| 1 lb. cranberries | 1 cup sugar |
| 1 can frozen orange juice | |

Put cranberries through food chopper. Add can of orange juice (defrosted) and sugar. Package in freezer container and store in freezer.

SWEET BISCUIT QUICKIES

Arrange frozen unbaked biscuits on a greased baking sheet. (Need not defrost.) Bake in 300° oven for about 15 minutes (until fully risen). Dip sugar cubes in undiluted frozen orange juice (thawed) and press one cube on the top of each biscuit. Put biscuits back in 425° oven and continue baking for 10 minutes. Serve hot.

INVESTIGATE CANADA'S LEADING FOOD PLAN

•

**HOUSEHOLD
SUPERMARKETS**

10225 JASPER AVE. PHONE 26442

10225 Jasper Ave.

Phone 24212 - 29622 - 26442

•

"A HOME FREEZER IS ONLY AS GOOD AS THE
FOOD PLAN BEHIND IT"

MAPLE SYRUP ICE CREAM

Cook one cup of maple syrup to soft ball stage (238° if you use a thermometer). Beat 2 egg whites until stiff. Then add syrup slowly to egg whites. Beat until mixture is cool. Whip one cup of chilled, evaporated milk until thick. Then fold in syrup mixture. Freeze.

BARBECUED RIBS

3/4 cup vinegar	3 thin slices lemon
1 1/2 cups water	3 onions, sliced
1 1/2 tsp. pepper	3/4 cup salad oil
1 1/2 tbsp. salt	1 1/2 cups catsup
1/3 cup brown sugar	1/4 cup Worcestershire Sauce
2 tbsp. prepared mustard	12 lb. spareribs
1/2 tsp. cayenne pepper	

SAUCE: Mix all ingredients except catsup and Worcestershire Sauce in a saucepan and simmer for 15 minutes. Add two remaining ingredients and bring to a boil. Set aside.

Place 12 lb. lean ribs, cut in pieces, in roaster pan with meaty side up. Brown in 450° oven for 30 minutes. Drain off fat. Pour sauce over ribs. Bake 1 hour at 350°, basting every 15 minutes. (Add water if necessary.) For an extra special dinner, add 1/2 cup of chopped ripe olives to sauce about 10 minutes before ribs are done.

Serve ribs for one meal, then freeze remainder. Be sure to package the ribs in meal-sized amounts. For serving, unwrap ribs, place in baking dish and bake 25 minutes at 350°.

BEEF BALLS

Start with 5 lb. of ground beef. Season lightly with salt and pepper, add 5 eggs and 1 cup of fine bread crumbs. Shape into small balls (about the size of Swedish meat balls). Place on baking sheet and freeze. When the balls are frozen, roll them into freezer bags and store. When ready to use, take out as many balls as needed and put into casserole. (Need not defrost.) Add sauce and cover. Put casserole in 350° oven and bake 30-40 minutes.

Suggested Sauce: Cover beef balls with French onion soup OR add your favorite barbecue sauce OR one can of Black Bean Soup.

GLORIFIED HAMBURGER

1 1/2 lb. ground beef	5 tbsp. Parmesan cheese
1 egg	(grated)
1/2 cup chopped parsley	2 tsps. salt
3/4 cup chopped onion (fine)	1 cup fine bread crumbs
Fat for frying	

Mix all ingredients except bread crumbs. Shape into 12-15 balls. Roll balls in bread crumbs and flatten into patties. Crumb patties again. Fry until well browned. (Hamburgers may be stored in your freezer before or after cooking.)

STUFFED APPLES (With Roast Turkey)

Core apples. Stuff with sausage meat mixed with an equal quantity of seasoned bread crumbs. Bake in slow oven until apples are soft. Cool quickly and wrap in foil or freezer paper. Freeze until "the day". Re-heat in slow oven, leaving apples in foil. Unfurl the foil and serve.

SANDWICHES

Enlist the family help once or twice a month and turn out these frozen sandwiches in record time. For greatest efficiency, prepare the sandwiches in assembly line fashion—one person spreads the bread, one adds the filling, another wraps the sandwiches for freezing. Be sure to label the sandwiches before putting them into the freezer—no mix-ups or "repeats" this way.

Special Tips For Freezing Sandwiches:

When you are using a spread for the sandwich filling, be sure to spread the bread well to prevent soggy sandwiches.

For uniform filling when you are using a spread, use a small ice cream scoop or other definite measure.

Satisfactory Fillings: Meat or meat spreads, fish or fish spreads, cheese, peanut butter, jam or jelly.

Try These Fillings along with other family favorites:

1. Tuna fish with crushed pineapple.
2. Roast pork with apple butter.
3. Chopped shrimp with cottage cheese.
4. Peanut butter with peach jam.
5. Swiss cheese and smoked tongue.
6. Chopped dates and cream cheese.
7. Diced chicken, cream cheese and grated orange rind.
8. Chopped peanuts and chive cheese.
9. Roast beef and blue cheese.
10. Cream cheese and ground salami.
11. Shrimp spread and olive butter.
12. Peanut butter, honey and chopped raisins.

VANILLA ICE CREAM

4	egg yolks	1	pint coffee cream
$\frac{3}{4}$	cup sugar	2	tsp. vanilla
$\frac{1}{2}$	cup white corn syrup	4	egg whites
1	pint milk		

Beat egg yolks, sugar and syrup until mixture is thick and lemon colored. Add milk, cream and vanilla. Freeze. After it is frozen, put in a chilled bowl, add unbeaten egg whites and beat until fluffy. Return mixture to your freezer until ready to serve. About 12 servings.

MOCHA CREME

2 envelopes gelatin
(unflavored)
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup sugar
3 cups hot coffee

2 cups chopped dates
 $\frac{1}{2}$ cup chopped nut meats
1 cup whipping cream
1 tsp. vanilla

Soften gelatin in cold water. Add sugar to hot coffee, then add gelatin and stir until dissolved. Chill until thick. Fold in dates, nuts, whipped cream and vanilla. Freeze in ice-cube tray, mold, or desired container. Keep in your freezer until ready to serve. Makes 12 servings.

MINCEMEAT DROP COOKIES

$\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ cups sugar
2 eggs
1 tsp. salt
1 tsp. soda
3 cups flour

1 tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. nutmeg
1 cup mincemeat
 $\frac{1}{2}$ cup sour milk

Cream shortening and sugar. Add eggs and beat well. Mix and sift flour with salt, soda and spices. Add alternately with sour milk. Add mincemeat. Drop by spoonfuls on greased cookie sheet. Bake at 350° for about 12 minutes. Cool. Freeze, package and store in freezer.

EASTON FURNITURE LTD.

10151 99 STREET

Phone 21574

BEVERAGES

ICED TEA

Infuse 6 teaspoons of tea in 1 pint of fresh boiling water. After 6 minutes strain into 2-quart container. While hot add 1½ cups granulated sugar and juice of two lemons. Stir well until sugar is dissolved. Fill container with cold water. Do not allow to cool before adding cold water or it will be cloudy. Serve with chipped ice.

TOMATO JUICE COCKTAIL

- | | |
|-------------------------|-----------------------------|
| 1 large tin tomatoes | 1 tbsp. lemon juice |
| 1 tbsp. chopped onion | 1 tsp. Worcestershire Sauce |
| 1 tbsp. chopped celery | 1 tsp. salt |
| 1 tbsp. chopped parsley | Few grains cayenne |

Mix chopped vegetables with tomatoes and let stand overnight. Strain and chill. Serve in cocktail glasses.

GRAPE JUICE

Pick over and wash 10 pounds of Concord grapes. Put in a kettle, add 2 quarts of water and simmer 1 hour. Bring to the boil for 5 minutes. Strain through jelly bag. Add 2 pounds sugar and bring to a boil once more for 2 minutes. Skim and seal while hot. Makes 3 quarts.

ORANGE ADE

- | | |
|-----------|-------------------|
| 3 lemons | 3 lb. sugar |
| 4 oranges | 2 oz. citric acid |

METHOD:

Grate rind of oranges and add sugar and acid. Pour 2 quarts of boiling water over mixture. Let stand until cool, then add juice of lemons and oranges. Let stand 48 hours and strain. Add 2 to 3 teaspoons to glass of water for cool drink.

—Rene Young.

LEMONADE SYRUP

- | | |
|--------------|--------------|
| 6 lemons | 2 cups sugar |
| 3 cups water | |

Peel lemons with paring knife. Put rinds, water and sugar in saucepan and boil for 10 minutes. Add juice of lemons. Put in jars and store in frig.

PUNCH

- | | |
|--------------------|------------------------------|
| 1 cup brown sugar | 1 large can grapefruit juice |
| Juice of 8 oranges | 3 bottles Dry Ginger Ale |
| Juice of 6 lemons | 3 bottles of Soda Water |

Pour into large bowl filled with lumps of ice containing about one dozen slices of orange and four slices of quartered pineapple. Stir gently and serve.

CHOCOLATE SYRUP

- | | |
|-------------------------|-------------------------|
| $\frac{1}{2}$ cup cocoa | $\frac{3}{4}$ cup sugar |
|-------------------------|-------------------------|

Mix well; slowly add while stirring $\frac{3}{4}$ cup boiling water. Boil 1 minute. Pour into clean jar, cover and let cool. Store in frig. Add 1 tablespoon of syrup to 1 glass of milk to make Chocolate Milk.

BOILED COFFEE TO SERVE 100

- | | |
|----------------------------|-------------------------|
| 2 lb. medium ground coffee | 5 gallons boiling water |
| | 1 tsp. salt |

Tie coffee loosely in cheesecloth bag. Drop bag into kettle of boiling water; add salt; cover tightly. Keep just under boiling point for 10 minutes. This amount of coffee requires:

- | | |
|------------------|----------------------------------|
| 1 lb. loaf sugar | 2 $\frac{1}{2}$ quarts 18% cream |
|------------------|----------------------------------|

MISCELLANEOUS

SILVER POLISH

$\frac{1}{2}$ cake yellow laundry soap 1 lb. whiting
Shave into one pint warm water. Let stand until dissolved but do not boil. When dissolved, add one pound whiting. Beat with rotary egg beater until fluffy liked whipped cream. Put in jars for use.
—Mary Regan.

CHRISTMAS TABLE CENTRE

Large, deep, clear glass bowl. Half fill with water, tinted green or desired color. Add

1 tablespoon citric acid 2 tablespoons baking soda
Throw in a handful of moth balls. They will bounce up and down. A children's favorite.

LAXATIVE

2 oz. powdered senna 1 oz. Coriander seeds
(Buy These at Drug Store)

Cut up $\frac{1}{2}$ lb. prunes, $\frac{1}{2}$ lb. seedless raisins, $\frac{1}{2}$ lb. figs. Stew the fruit in a little water, add brown sugar to taste. Put through food chopper; add senna and water that the seeds have simmered in for a half hour. Store in jar and keep in frig. Take a very small amount, say $\frac{1}{2}$ teaspoon, and increase as required.

HAND LOTION

One ounce of flaxseed washed and boiled in 1 quart of water until it gives you about a pint strained. Add to this 4 ounces of pure glycerine and 2 teaspoons white carbolic. Add 2 ounces rose water or a few drops of perfume. Mix well and bottle.
—Dorothy Baycroft.

HOUSEHOLD HINTS

A dash of salt or a few drops of water will make whites of eggs whip quickly.

If anything boils over in the oven, sprinkle salt in the oven to take away smell.

To clean windows, add a little household ammonia or vinegar to the water.

A teaspoon of lemon juice added to each jar of canned beans or chard will help keep them.

If salt is added to the second rinsing water when washing spinach, the sand will sink to the bottom.

Put an orange rind on hot top of stove while cooking and it will absorb cooking odors.

HAND LOTION

Two teaspoons pulverized trogacanth soaked in water. Add:

1 oz. rubbing alcohol 1 oz. glycerine
1 oz. bay rum

Perfume with rose water or aqua. Add 1 pint of soft water.

—Verna Claxton.

NOTES

NOTES

NOTES

NOTES



**Values
in Every
Department
at
Lower
Prices**

- HOSIERY
- COATS
- DRESSES
- PARKAS
- SHIRTS
- WOOL SOCKS
- UNDERWEAR
- OVERCOATS
- HATS
- SUITS
- HANDBAGS
- WORK PANTS
- GLOVES
- OVERALLS
- FOOTWEAR

Remember our iron clad
guarantee . . . Goods
satisfactory or your
money cheerfully
refunded.

**2 BIG STORES
To
Serve You Better**

Years ago we started business at Regina in a small store. Our policy from the first has been to offer the buying public an opportunity to save money. Testimony to the confidence the public has placed in our merchandising policy is seen in our being able to locate 6 large, modern department stores from Regina to Vancouver, and a mail-order building at Regina.

We are not fair-weather stores. Our service throughout the depression was a boon to those who had to save money. We operate the same today. Our slogan, "We Do Sell For Less," really means what it says. Whenever we make a good deal—we pass the savings on to our thrifty customers. We will always be alert to opportunities to bring you greater savings, and we hope to serve you even better in the future.

**IF YOU'RE NOT TOO PROUD TO SAVE
... SHOP AT EITHER THE SOUTH SIDE
OR THE NORTH SIDE ARMY AND
NAVY**



ELNA

THE MIRACLE MACHINE

Does Every Sewing Job "BETTER"



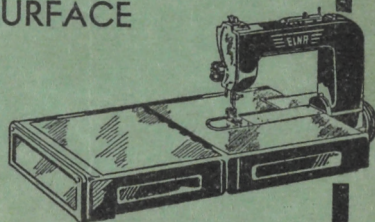
LET US PROVE that ELNA sews, darns, embroiders, mends, monograms better . . . does every sewing job faster and easier than any machine you've ever seen!

ELNA PAYS FOR ITSELF many times over! Bulky, double-thick draperies—dainty baby dresses . . . coarse button thread to super-fine DMC 120 . . . ELNA takes them all like a breeze! A MAGNIFICENT Swiss precision machine, built to last a lifetime. With distributors in 50 countries . . . ELNA has world-wide facilities.

ELNA MIRACLE OPEN ARM enables you to darn socks, sew closed cuffs, arm holes . . . all hard to reach places as easily as flat surfaces.

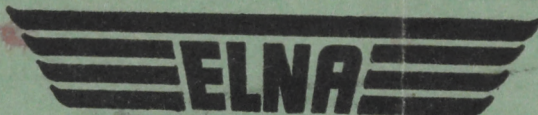
ELNA'S OWN CARRYING CASE OPENS INTO A FULL SIZE SEWING SURFACE

Yes, just open Elna's carrying case, fit it to the machine and you have a full size sewing surface.



ELNA IS GUARANTEED for a lifetime! Free sewing lessons with every purchase of ELNA! Budget terms available. Examine all the outstanding ELNA features, and try the machine yourself . . . right in your own home . . . or at . . .

THE JEWELL



SEWING CENTRE

10155 102 STREET

EDMONTON, ALTA.

Phone 22002 - 20356 - 20122